







THE  
ENGLISHWOMAN'S  
COOKERY BOOK.

BY  
MRS. ISABELLA BEETON.

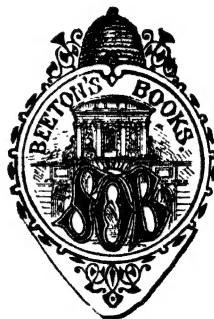
*BEING A COLLECTION OF ECONOMICAL RECIPES*

TAKEN FROM HER

*"BOOK OF HOUSEHOLD MANAGEMENT."*

*Amplly Illustrated*

BY A LARGE NUMBER OF APPROPRIATE AND USEFUL ENGRAVINGS.



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London :  
WARD, LOCK, AND TYLER,  
WARWICK HOUSE, PATERNOSTER ROW.





## PREFACE.

To help Plain Cooks and Maids-of-all-Work to a knowledge of some of their duties, and to assist them in the important task of dressing and serving daily food, I have printed the following Recipes, along with some directions and hints as to the Arrangement and Economy of the Kitchen. The Recipes are taken from my book on *Household Management*, and I hope both Mistress and Maid will find some of the information serviceable. I have sought to make all the directions plain and practical, eschewing everything that was not likely to be useful and was not to the point.

I. B.





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# JUDSON'S 6<sup>D</sup>.

SIXPENCE  
PER BOTTLE.

Sold by Chemists &

MAGENTA	MAROON	PINK	BLACK
MAUVE	BUFF	GREEN	LAVENDER
VIOLET	CERISE	CLARET	SLATE
PUCE	SCARLET	RUBY	GREY
PURPLE		CRIMSON	
CANARY			

## TESTIMONIAL.

SIR,—Your "Simple Dyes for the People" only require a trial to be duly appreciated. I have used them for some length of time, and recommended them to many friends, who, with myself, find in them an item of the highest economy. Having been successful with the smaller articles, I tried the larger, and now dye all at home—viz., Curtains, Table Covers, Dresses, &c.—with the most satisfactory results.

March 16, 1875.

W. B. A.

USE A BOTTLE OF DYE IN A PAILFUL OF BOILING WATER.

*The following Articles may be Dyed in a few  
Basin of Boiling Water, viz.:*

FEATHERS	COTTON	IVORY
HORSEHAIR	WOOD	BONE
LEATHER	HEMP	HORN
WOOL	JUTE	WHALEBONE
SILK	SEAWEED	BASKET WORK

## ARTIFICIAL FLOWERS.

EVERLASTING FLOWERS AND GRASSES, WILLOW  
SHAVINGS, CROQUET BALLS.

SEE THAT YOU GET JUDSON'S DYES.



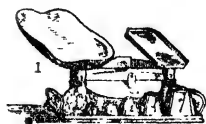
# THE ENGLISHWOMAN'S COOKERY BOOK.

## ARRANGEMENT AND ECONOMY OF THE KITCHEN.

"THE distribution of a kitchen," says Count Rumford, the celebrated philosopher and physician, who wrote so learnedly on all subjects connected with domestic economy and architecture, "must always depend so much on local circumstances, that general rules can hardly be given respecting it; the principles, however, on which this distribution ought in all cases to be made are simple and easy to be understood," and, in his estimation, those resolve themselves into symmetry of proportion in the building and convenience to the cook. The requisites of a good kitchen, however, demand something more special than is here pointed out. It must be remembered that it is the great laboratory of every household, and that much of the "weal or woe," as far as regards bodily health, depends upon the nature of the preparations concocted within its walls. A good kitchen, therefore, should be erected with a view to the following particulars:—1. Convenience of distribution in its parts, with largeness of dimension. 2. Excellence of light, height of ceiling, and good ventilation. 3. Easiness of access, without passing through the house. 4. Sufficiently remote from the principal apartments of the house, that the members, visitors, or guests of the family may not perceive the odour incident to cooking, or hear the noise of culinary operations. 5. Plenty of fuel and water, which, with the scullery, pantry, and storeroom, should be so near it as to offer the smallest possible trouble in reaching them.

## KITCHEN UTENSILS.

We commence our list with this most important kitchen utensil, as without a good set of WEIGHTS and SCALES it is not possible to insure success in cooking. Preciseness in proportioning the various ingredients, in order that no one particular flavour shall predominate, should be the cook's aim. We repeat, therefore, it is absolutely necessary to have scales, even if other utensils be dispensed with. The cook should bear in mind *always to put the weights away in their respective places* after she has used them, and to keep her scales in thorough order. In weighing butter, lard, dripping, meat, suet, or anything that is of a greasy nature, the cook should



WEIGHTS AND SCALES.

place a piece of paper in the scale before putting in the butter, lard, or other substance to be weighed. *By doing this she will save herself much labour, and will be enabled to keep the metal scale brighter.* The price of a set of weights and scales, with weights from  $\frac{1}{4}$  oz. to 7 lbs., is £1.

**SAUCEPANS** of various kinds rank among the most important articles in the kitchen, for very little cooking can be done without them. There are many kinds and varieties of saucepans, and we give illustrations of a few of those that are generally found to be the most useful.

This utensil is a kind of stock-pot, made of iron, and the lid of which fits closely into a groove at the top of the **DIGESTER**. No steam escapes, therefore, by the lid, and it is only through the valve at the top of the cover that the superfluous steam passes off. It is a very valuable utensil, inasmuch as by using it, a larger quantity of wholesome and nourishing food may be obtained at much cheaper rates than has been hitherto possible. This utensil, when in use, should not be placed over a fierce fire, as that would injure the quality of the preparation; for whatever is cooked, must be done by a slow and gradual process, the liquid being just kept at the simmering point. These digesters are made in all sizes, and may be obtained to hold from 3 quarts to 10 gallons. The smaller kinds are very useful for making gravies in. The price of a digester capable of holding 2 gallons is 5s. 9d.



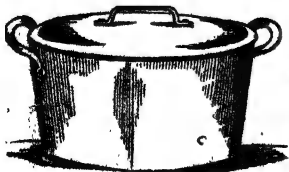
DIGESTER.

THE **STOCK-POT**, as its name implies, is used in the preparation of stock, which forms the foundation of soups, gravies, &c. Stock is made of meat, bones, vegetables, spices, &c., and should always be prepared the day before it is wanted. A good cook should never be without stock: therefore she should make it her first business every morning to put the stock-pot on the stove, and bear in mind *never to allow the preparation to remain in the vessel all night.* Stock-pots are made in iron and copper. The price of the former, holding  $1\frac{1}{2}$  gallon, is 18s. 6d.



STOCK-POT.

In large families this utensil comes into almost daily requisition. It is used for boiling large joints, hams, puddings, &c., and is made of iron. The price of a good-sized oval **BOILING-POT** holding  $4\frac{1}{2}$  gallons is 18s.



BOILING-POT.

A **STEWPAN** differs from a saucepan in having straight sides, and a flat lid with a handle. This kind of stewpan is much in vogue, it being convenient for many purposes. One great advantage is, that the lid may at any time be lifted off without danger of burning the fingers.

which, with the common saucepans, cannot sometimes be avoided. In French kitchens, this shaped stewpan is always used. The lid is of bright metal, which forms a nice addition to the kitchen mantelpiece, or the pot-board under the dresser. These stewpans are made in all sizes, and cost from 4s. 10d. each.



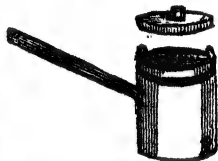
STEWPAN.

This SAUCEPAN is, on a small scale, what the *bain-marie* is on a large scale. The smaller saucepan fitting into the larger one is lined with enamel, which is nice for boiling custards, milk, or any preparation that is liable to easily burn or catch. When in use, the lower saucepan is half filled with water. In warming up good gravies, or any dish that wants much nicety and care, these saucepans will be found very useful. The price of a medium-sized utensil of this description is 3s. 9d.



DOUBLE SAUCEPAN.

Messrs. R. & J. Slack have, by the invention of this new potato-steamer, enabled cooks to send to table the potatoes, dry, hot, and mealy, a result which is not always obtained in the ordinary way. The arrangement is very simple, and easily understood. By drawing out a handle when the potatoes are cooked, the steam is allowed to escape from an aperture in the side, and the heat from the boiling water below converts the STEAMER into a *dry hot closet*, so completely evaporating the moisture remaining in them. One of these useful and necessary utensils may be obtained for 6s. 6d.



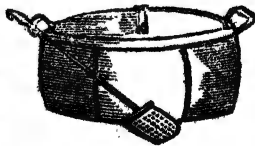
IMPROVED POTATO-STEAMER.

THE TURBOT-KETTLE is arranged to suit the shape of the fish from which it takes its name. It is shallow, very broad, and is fitted inside with a drainer the same as other fish-kettles. The price of a turbot-kettle is £1.



TURBOT-KETTLE.

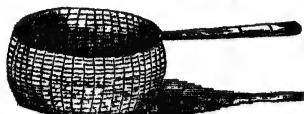
This KETTLE is also fitted with a drainer inside, which is pulled up when the fish is sufficiently cooked. The drainer is then laid across the kettle, and the fish lifted on to the dish with the slice, which is shown in the illustration. Whilst we are talking of fish-kettles we must not omit to mention the admirable contrivance for frying fish which Messrs. Slack find very much liked. By using one of these fryers, an inexperienced cook is much more likely to insure success, and send a dish of fried fish properly



FISH KETTLE AND :



to table. It is in shape not unlike a preserving-pan, fitted with a closely-made wire drainer, and in this the fish is placed and popped into the boiling fat. As in frying fish it is necessary to have a large body of fat, the depth of this kettle gives it a considerable superiority over the ordinary frying-pan. There is, besides, very little danger of the fish breaking, for, being lifted up on the drainer when done, it is easily dished. Cooked in this manner the fish does not require turning, as the fat quite covers it, and of course browns it on both sides at once. The greasy moisture, too, is more effectually got rid of. The price of the kettle for boiling fish is 7s. 6d. ; for frying fish, 12s. 6d. and 15s. 6d.

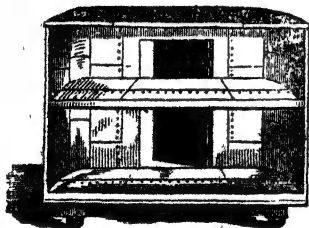


WIRE VEGETABLE-STRAINER.

This is a WIRE frame made to fit inside a pan, in which parsley or other vegetables are fried in oil. The price is 2s. 6d. and 3s. 6d.

The action of this familiar piece of kitchen furniture is so well known, and, if not, is so well shown in our illustration, that very little explanation is needed. When the joint is hooked on, the JACK requires winding up, which operation must be repeated once or twice during the time the meat is cooking. The price of a bottle-jack and wheel complete is 9s. 6d.

When the meat is roasting, this SCREEN is placed

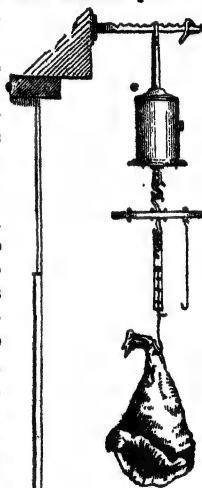


MEAT-SCREEN.

in front of the fire, to condense the heat as much as possible. It is made of wood, lined with tin, and is fitted with a shelf which acts as a warmer for the plates and dishes. A meat-screen may be purchased for £2. 12s.



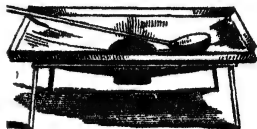
The preparation of meat and potatoes made in this PASTY PAN is extremely savoury and delicious. The meat is placed at the bottom of the pan, with seasoning, butter, and a little water, and the perforated plate, with its valve-pipe screwed on, is laid over the meat. Some mashed potatoes, mixed with milk, are next arranged on the perforated plate, filling up the whole space to the top of the tube, and finishing the surface in an ornamental manner. If carefully baked, the potatoes will be covered with a delicate



BOTTLE-JACK AND WHEEL WITH JOINT SUSPENDED.

brown crust, retaining all the savoury steam arising from the meat. The price of a Potato-pasty Pan is 4s. 6d. We may here inform our readers that either fresh or cooked meat may be dressed in the above manner; and, in the latter case, the pan will be found of great advantage, as it adds another dish to the list of "*Cold Meat Cookery*."

THE DRIPPING-PAN is the receptacle for the droppings of fat and gravy that fall from the roast meat. The pan is arranged with a well in the centre, covered with a lid; round this well is a series of small holes, which allow the dripping to pass into the well free from cinders or ashes. When the meat is required to be basted, the lid of the well is lifted up, the dripping is free from impurities, and the surface of the joint is moistened to prevent it from scorching. The basting-ladle is half covered over at the top with a piece of metal, perforated with small holes, so that, should a small piece of cinder get into the ladle, it will lodge there, and not fall on the meat. The dripping-pans are 8s. 6d., and the basting-ladles 1s. 4d. each.



DRIPPING-PAN AND LADLE.

THIS KNIFE is made very pointed at the end, and for cooking purposes is generally preferred to the short round-bladed knife. They are 4s. 6d. each.



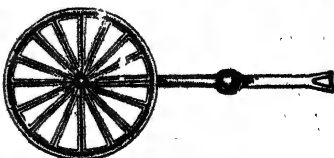
COOK'S KNIFE.

A MEAT-SAW is used for sawing bones in places where a chopper is not available. For instance, this utensil would come into requisition where a knuckle of ham is required to be severed from the thick end. The meat would first be cut all round down to the bone with a sharp knife, and the bone would then be sawn through. Price 3s. 9d.



MEAT-SAW.

THIS GRIDIRON is arranged with fluted bars lined with enamel. The gravy that flows from the meat runs into the fluted bars, and from thence into a small receptacle in the middle of the handle, so preserving a nice quantity of gravy. As the part on which the meat rests turns round, the necessity of frequently moving the meat is obviated. 3s. 3d. is the price of a revolving gridiron.



REVOLVING GRIDIRON.

Ordinary GRIDIRONS are made in all sizes, and are used for broiling purposes. The price of an ordinary sized gridiron, like the one illustrated, is 1s. 6d.



GRIDIRON.

**FRYING-PANS** are made both in iron and copper, the former, perhaps, being



**FRYING-PAN.**

the most generally used. Omelet-pans are very shallow, with slanting sides, convenient for turn-



**OMELET-PAN.**

ing pancakes, omelets, &c. Iron frying-pans cost from 1s. each; copper omelet-pans, 5s. 6d. each.

To prevent the juices of the steak from being lost by pricking the



**STEAK-TONGS.**

meat with a fork, in turning it about on the gridiron **STEAK-TONGS** are brought into requisition for handling the steaks during the grilling process. By making use of

these, the gravy is kept in the meat. Price 2s. 0d. each pair.

Used for chopping and disjointing bones. In cases where a little gravy



**MEAT-CHOPPER.**

is to be made for a hash, the bones of the joint should always be chopped in a few places to get as much goodness out of them as possible. The price is 2s. 6d.

A tool like this is convenient for chopping suet, and any ingredient that



**SUET-CHOPPER,  
OR MINCING-KNIFE.**

requires to be finely minced. Being made with a firm wooden handle, the hand does not get so fatigued as by using an ordinary knife, and the business of mincing is accomplished in a much shorter time. These utensils should be kept nice and sharp, and should be ground occasionally. Price 1s. 6d. each.



**COPPER PRESERVING-PAN.**

Jams, jellies, marmalades, and preserves, are made in these utensils, which should be kept scrupulously clean, and well examined before being used. A very nice copper **PRESERVING-PAN** may be purchased for 15s.

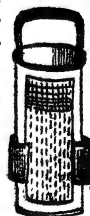
Nicely-grated bread crumbs rank as one of the most important ingredients in many puddings, seasonings, stuffings, forcemeats, &c., and add much to the appearance of nicely-fried fish. For the purpose of crumbling the bread smoothly and evenly, the **BREAD-**



**COLANDER.**

**GRATER** is used, which is perforated on both sides with holes. Price 1s. each.

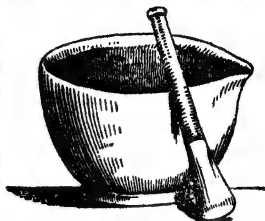
This useful article comes into daily requisition. It is a round tin basin with handles, perforated at the bottom and round the sides with small holes. It is used for straining vegetables, these being poured into the **COLANDER** when they are cooked, and allowed to re-



**BREAD-  
GRATER.**

main for a minute or two until all the water is drained from them, when they are dished. Price 4s. each.

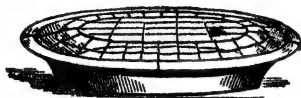
**PESTLES and MORTARS** are made in iron, brass, marble, and Wedgewood ware. The two latter kinds are decidedly to be preferred, as they can be so easily kept clean. This utensil is used for pounding sugar, spices, and other ingredients required in many preparations of the culinary art. Price in iron, 8s. 9d.; marble, 14s. 6d.



PESTLE AND MORTAR.

Many housewives prefer this kind of **DISH**

to an earthenware one for family pies and puddings. It is made of tin.



TIN BAKING-DISH.

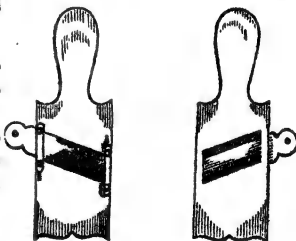
Vegetables are cut out in fanciful shapes, by means



VEGETABLE-CUTTER.

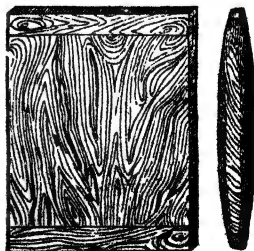
of these little **CUTTERS**. Stewed steaks, and such-like dishes, where the vegetables form an important addition, are much improved in appearance by having them shaped. The price of a box of vegetable-cutters is 3s.

For shredding cucumbers into the thinnest possible slices, this little machine is used. It is made of wood, with a steel knife running across the centre. Price 8s. 6d. each. After the cucumber is pared and levelled, it should be held upright, and worked backwards and forwards on the knife, bearing sufficiently hard to make an impression on the cucumber.



CUCUMBER-SLICER.

This is so familiar a piece of kitchen furniture, that very little description will be required of it. The best kinds of pasteboards are made in boxwood, and require to be very nicely kept. They should not hang in a damp place, as then they are liable to get mildewed, which will very seldom scrub out. The prices of pasteboards vary, according to their size, one suitable for ordinary purposes, costing 8s. 6d., including rolling-pin.



PASTEBOARD AND ROLLING-PIN.



PASTRY-JAGGER.

Used for trimming and cutting pastry. The little wheel at the end is made to revolve, and is useful for marking pastry which has to be divided after it is baked.

Price 1s.



TARTLET-PANS.

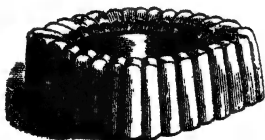
The trimmings of pastry rolled out, laid in a tartlet-pan, and baked, form the foundation of open tarts. They are better baked without the jam, this being laid on after the crust is cold, and ornamented with pastry, leaves, flowers, &c. Price 1s. 3d.

PATTY-PANS are made of tin, and used for cheesecakes, little tarts, mince-pies, &c. Some are fluted and some plain, and they are manufactured in all sizes and of different shapes, both oval and round. The price of a dozen patty-pans is 1s. 6d.



PATTY-PANS.

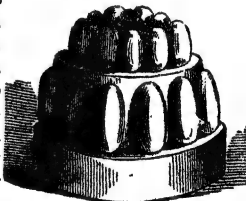
This shaped MOULD is now very much used for jellies and blanc-manges;



OPEN MOULD.

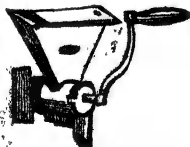
it is open in the centre, and when the jelly is dished, a whipped cream is piled high in the middle. The mixture of the cream and jelly is very

pretty, and makes a very nice and effective supper dish. The other mould is of the ordinary shape. The price of the open mould is 4s. 6d.; the round ditto, 3s.



ROUND MOULD.

This MILL can be regulated to grind either fine or coarse pepper.



PEPPER-MILL.

especially in summer time.

This is an article belonging strictly to the larder, and is intended for covering over meat, pastry, &c., to protect it from flies and dust.



WIRE DISH-COVER.

It is a most necessary addition to the larder, especially for one 18 inches long, 1s. 3d.



KNIFE-BASKET.

This is made of wicker outside, lined with tin, and is a very clean and neat-looking KNIFE-BASKET. It is very easily washed and kept in proper order, which is not always the case with the wooden boxes. Price 5s. 6d.; double, 6s. 6d.

Japanised tin is the metal of which these canisters are composed. The flavour of the tea and the aroma of the coffee are much preserved by keeping them in **TIN CANISTERS**, like those illustrated.



COFFEE AND TEA CANISTERS.

In cold weather such joints as venison, a haunch, saddle, or leg of mutton, should always be served on a **HOT-WATER DISH**, as they are so liable to chill. This dish is arranged with a double bottom, which is filled with very hot water just before the joint is sent to table, so keeping that and the gravy deliciously hot. Although an article of this description can scarcely be ranked as a kitchen utensil, still the utility of it is so obvious, that we have thought it would not be out of place to insert an illustration of a dish which it is so desirable to possess, and which no properly-furnished house should be without. Price, for a dish measuring 16 inches, Britannia metal, £2. 5s.



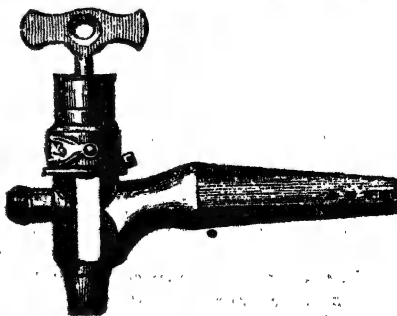
HOT-WATER DISH.

Slack's **PATENT CASK-STAND** differs from those usually made, inasmuch as a little wheel does duty, instead of a handle, for raising and lowering a cask. This stand is the most perfect we have seen, its action being very simple and easy to understand. When a cask is to be tilted, the wheel has merely to be turned so many notches, as may be required to raise the cask to a sufficient height. Price 11s. 6d. each.



CASK-STAND.

These **BEER-TAPS** are fitted with a steel protector in front, to receive the blows of the mallet in tapping a cask. The protector may be unscrewed to clean the siphon tube when it is in the cask. Another improvement consists in the self-acting tube being brought down close to the mouth of the jug, glass, or vessel into which the beer is drawn. Directions for keeping the tap in order are given to the purchaser. Price 4s. and 4s. 9d. each.



SLACK'S IMPROVED SELF-ACTING TAPS.

A word as to the kitchen range will be in place. On this most important kitchen fixture depends much of the success or failure of the cook's performances. To those who would have a nicely-cooked dinner every day, we heartily recommend the closed stoves, commonly known as "Leamington" ranges. By making use of one of these, much trouble and labour are saved. Their advantages, indeed, are so great, that an inexperienced cook would scarcely fail to serve up a passable dinner if she had a "Leamington" at her disposal; whilst the same person, with an open range, would have acquitted herself in a wretched manner. We will briefly state the advantages these ranges possess over the open stoves, and we have not the least doubt but that our readers will agree with us in acknowledging their superiority, particularly for those persons who are not too well acquainted with the culinary art.

First advantage.—*There is no fear of having any dish smoked sent to table.* The range being made with a hot-plate all along the top, and the fire not being exposed, the possibility of having any concoction spoiled by its being smoked is quite precluded. On the other hand, when open stoves are in use, and are managed by rather *unskilful* hands, it is not too much to say that a smoked dish is almost as frequently the rule as the exception.

Second advantage.—Many saucepans and vessels may be kept boiling at one time *and at the proper point.* Moreover these vessels are neither soiled nor injured. On an open stove, however, the proper degree of ebullition can scarcely be sustained where there are many saucepans to attend to. Frequently the liquid is either boiling and bubbling at a galloping rate, or is barely warm. Now the *gentle simmering* can be nicely kept up on *any part* of the Leamington range, when supplied with fuel for cooking a dinner. On a 4-foot range, 12 saucepans can be easily placed.

Third advantage.—Saucepans, boiling-pots, frying-pans, &c., last double the time when used on a hot-plate, and may *be kept as clean outside as inside*, there being no accumulation of soot and black. This is an immense saving of labour to the cook and of money to the mistress.

Fourth advantage.—After the cooking is done, the fire may be kept up with any cinders or small coal which could not possibly be burnt in any other range. By keeping the dampers nearly closed, a fire once made up will last for hours.

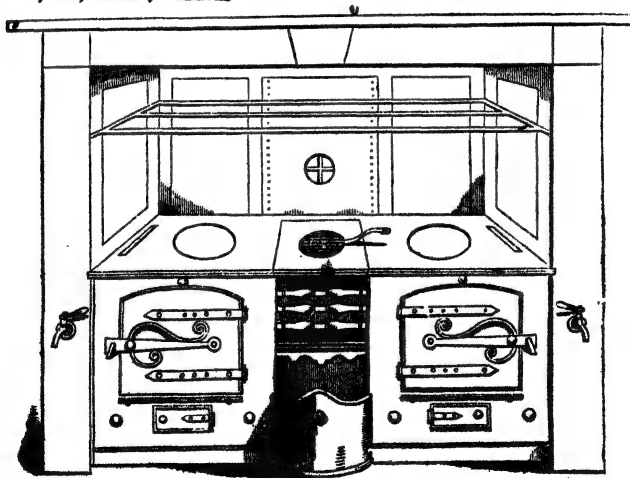
Fifth advantage.—Much breaking of crockery is avoided in warming plates and dishes that are to be used at dinner. There is a rack fixed above the range for this purpose, and this being quite out of the way, does not interfere with the cook when she is attending to the dinner.

Sixth advantage.—The hot plate is well calculated for an ironing-stove when not in use for cooking purposes. We need scarcely say the process is delightfully clean; the irons, after being heated, merely requiring a rub with a duster. Many of our readers know what it is to iron with irons that have been heated at an open fire. What rubbing on sand-paper, in sand, &c. &c., to make the irons at all fit for use. So in this instance, again, we fairly award the palm to our favourite closed stove.

It would not be difficult to continue the enumeration of the merits and

virtues of the "Leamington;" but our readers will plainly see, from the two illustrations, the construction of the ranges of which we have just been speaking, and which we warmly recommend to all who are fitting or furnishing kitchens.

Besides, the range has a perfectly ventilated and spacious wrought-iron roaster, with movable shelves, draw-out stand, double dripping-pan, and meat-stand. The roaster can be converted into an oven by closing the valves, when bread and pastry can be baked in it in a superior manner. It also has a large iron boiler, with brass tap and steam-pipe, round and square gridirons for chops and steaks, ash-pan, open fire for roasting, and a set of ornamental coverings with plate-warmer attached. It took a first-class prize and medal in the Great Exhibition of 1851, and was also exhibited, with improvements, at the Dublin Exhibition of 1853, and the International Exhibition of 1862. Our illustration represents a kitchener adapted for large families. It has on the one side a roomy ventilated oven, and on the other the fire and roaster. The hot-plate is over all, and there is a back boiler, made of wrought iron, with brass tap and steam-pipe. Smaller ranges are made with but one oven; in other respects they possess the same advantages of construction as the larger size. Either may be had at varying prices, according to size, from £5. 15s. up to £23. 10s. They are supplied by Messrs. RICHARD & JOHN SLACK, 336, Strand, London.



LEAMINGTON RANGE, WITH TWO OVENS, BOILER, AND PLATE-BAKES.

The following list, supplied by Messrs. Richard & John Slack, 336, Strand, will show the articles required for the kitchen of a family in the middle class of life, although it does not contain all the things that may be deemed



necessary for some families, and may contain more than are required for others. As Messrs. Slack themselves, however, publish a useful illustrated catalogue, which may be had at their establishment *gratis*, and which it will be found advantageous to consult by those about to furnish, it supersedes the necessity of our enlarging that which we give :—

	s.	d.		s.	d.
1 Tea-kettle.....	6	6	2 Fish-kettles .....	10	0
1 Toasting-fork .....	1	0	1 Flour-box .....	1	0
1 Bread-grater .....	1	0	2 Flat-irons .....	3	6
1 Pair of Brass Candlesticks .....	3	6	2 Frying-pans.....	4	0
1 Teapot and Tray .....	6	6	1 Gridiron .....	2	0
6 Spoons .....	1	6	1 Mustard-pot.....	1	0
2 Candlesticks .....	2	6	1 Salt-cellar.....	0	8
1 Candle-box .....	1	4	1 Pepper-box .....	0	6
6 Knives and Forks .....	5	3	3 Jelly-moulds .....	8	0
2 Sets of Skewers .....	1	0	1 Plate-basket.....	5	6
1 Meat-chopper .....	1	6	1 Cheese-toaster.....	1	10
1 Chopping-board .....	2	3	1 Coal-shovel .....	2	6
1 Cinder-sifter .....	1	3	1 Flour-tub .....	2	0
1 Coffee-pot.....	2	3	1 Pasteboard and Rolling-pin .....	3	6
1 Colander .....	1	6	1 Coarse Gravy-strainer .....	1	3
2 Block-tin Saucepans .....	5	9	1 Fine ditto .....	1	6
5 Iron Saucepans .....	12	0	1 Hair Sieve .....	1	6
1 Ditto and Steamer.....	6	6	Weights and Scales .....	1	0
1 Large Boiling-pot .....	10	0	1 Cloak .....	15	0
4 Iron Stewpans.....	8	9	1 Patty Pan .....	1	6
1 Dustpan.....	1	0	Tartlet ditto .....	1	3
1 Fish and Egg-slice.....	1	9			
			The Set.....	8	12 7

Those who are not possessed of a Leamington range will require, beyond those utensils enumerated above,—

	s.	d.		s.	d.
▲ Dripping-pan and Stand.....	6	6	▲ Wood Meat-screen .....	30	0
▲ Bottle-jack .....	9	6	1 Pair of Bellows .....	2	0

## TO COOKS AND KITCHEN-MAIDS.

1. Cleanliness is the most essential ingredient in the art of cooking; a dirty kitchen being a disgrace both to mistress and maid.

2. Be clean in your person, paying particular attention to the hands, which should always be clean.

3. Do not go about slipshod. Provide yourself with good well-fitting boots. You will find them less fatiguing in a warm kitchen than loose untidy slippers.

4. Provide yourself with at least a dozen good-sized serviceable cooking-aprons, made with bibs. These will save your gowns, and keep you neat and clean. Have them made large enough round so as to nearly meet behind.

5. When you are in the midst of cooking operations, dress suitably. In the kitchen, for instance, the modern crinolines is absurd, dangerous, out of place, and extravagant. It is extravagant, because the dress is, through being brought nearer the fire, very liable to get scorched, and when once scorched, soon rots, and wears into holes. We say this in the kindest possible manner; for we do not object to servants wearing a moderate amount of crinoline, or following their fancies in fashion, at proper times and in proper places. We are sure

cooks would study their own pockets and convenience, and obtain the good-will and approbation of their mistresses, by abolishing the use of senseless encumbrances in their kitchens.

6. *Never waste or throw away anything that can be turned to account. In warm weather, any gravies or soups that are left from the preceding day should be just boiled up, and poured into clean pans. This is particularly necessary where vegetables have been added to the preparation, as it then so soon turns sour. In cooler weather, every other day will be often enough to warm up these things.*

7. *Every morning, visit your larder, change dishes and plates when necessary, empty and wipe out the bread-pan, and have all in neatness by the time your mistress comes down to order the dinner. Twice a week the larder should be scrubbed out.*

8. *If you have a spare kitchen cupboard, keep your baked pastry in it: it preserves it crisp, and prevents it from becoming wet and heavy, which it is liable to do in the larder.*

9. *In cooking, clear as you go; that is to say, do not allow a host of basins, plates, spoons, and other utensils, to accumulate on the dressers and tables whilst you are engaged in preparing the dinner. By a little management and forethought, much confusion may be saved in this way. It is as easy to put a thing in its place when it is done with, as it is to keep continually moving it, to find room for fresh requisites. For instance, after making a pudding, the flour-tub, pasteboard, and rolling-pin, should be put away, and any basins, spoons, &c., taken to the scullery, neatly packed up near the sink, to be washed when the proper time arrives. Neatness, order, and method should be observed.*

10. *Never let your stock of spices, salt, seasonings, herbs, &c., dwindle down so low, that, some day in the midst of preparing a large dinner, you find yourself minus a very important ingredient, thereby causing much confusion and annoyance. Think of all you require, and acquaint your mistress in the morning, when she is with you, so that she can give out any necessary stores.*

11. *If you live in the country, have your vegetables gathered from the garden at an early hour, so that there is ample time to make your search for caterpillars, &c. These disagreeable additions need never make their appearance on table in cauliflowers or cabbages, if the vegetable in its raw state is allowed to soak in salt and water for an hour or so. Of course, if the vegetables are not brought in till the last moment, this precaution cannot be taken.*

12. *Be very particular in cleansing all vegetables free from grit. Nothing is so unpleasant, and nothing so easily avoided, if but common care be exercised.*

13. *When you have done peeling onions, wash the knife at once, and put it away to be cleaned, and do not use it for anything else until it has been cleaned. Nothing is nastier or more indicative of a slovenly and untidy cook, than to use an oniony knife in the preparation of any dish where the flavour of the onion is a disagreeable surprise.*

14. *After you have washed your saucepans, fish-kettle, &c., stand them before the fire for a few minutes, to get thoroughly dry inside, before putting them away.*

## TO COOKS AND KITCHEN-MAIDS.

*They should then be kept in a dry place, in order that they may escape the deteriorating influence of rust, and thereby be quickly destroyed. Never leave saucepans dirty from one day's use to be cleaned the next: it is slovenly and untidy.*

15. Empty soups or gravies into a basin as soon as they are done; never allow them to remain all night in the stock-pot.

16. In copper utensils, if the tin has worn off, have it immediately replaced.

17. Pudding-cloths and jelly-bags should have your immediate attention after being used: the former should be well washed, scalded, and hung up to dry. Let them be perfectly aired before being folded up and put in the drawer, or they will have a disagreeable smell when next wanted.

18. After washing up your dishes, wash your dish-tubs with a little soap and water and soda, and scrub them often. Wring the dishcloth, after washing this also, and wipe the tubs out. Stand them up to dry after this operation. The sink-brush and sink must not be neglected. Do not throw anything but water down the sink, as the pipe is liable to get choked, thereby causing expense and annoyance to your mistress.

19. Do not be afraid of hot water in washing up dishes and dirty cooking utensils. As these are essentially greasy, lukewarm water cannot possibly have the effect of cleansing them effectually. Do not be chary also of changing and renewing the water occasionally. You will thus save yourself much time and labour in the long run.

20. Clean your coppers with turpentine and fine brick-dust, rubbed on with flannel, and polish them with a leather and a little dry brick-dust.

21. Clean your tins with soap and whitening, rubbed on with a flannel, wipe them with a clean dry soft cloth, and polish with a dry leather and powdered whitening. Mind that neither the cloth nor leather is greasy.

22. Do not scrub the inside of your frying-pans, as, after this operation, any preparation fried is liable to catch or burn to the pan. If the pan has become black inside, rub it with a hard crust of bread, and wash in hot water, mixed with a little soda.

23. Punctuality is an indispensable quality in a cook; therefore, if the kitchen be not provided with a clock, beg your mistress to purchase one. There can then be no excuse for dinner being half an hour behind time.

24. If you have a large dinner to prepare, much may be got ready the day before, and many dishes are a great deal better for being thus made early. To soups and gravies, this remark is particularly applicable. Ask your mistress for the bill of fare the day before, and see immediately what you can commence upon.

To all these directions the Cook should pay great attention; nor should they, by any means, be neglected by the Mistress of the Household, who ought to remember that cleanliness in the kitchen gives health and happiness to home, whilst economy will immeasurably assist in preserving them.

# RECIPES.

[It will be seen, by reference to the following Recipes, that an entirely original and most intelligible system has been pursued in explaining the preparation of each dish. We would recommend the young housekeeper, cook, or whoever may be engaged in the important task of "getting ready" the dinner, or other meal, to practically follow precisely the order in which each recipe is given. Thus, let them first place on their table all the INGREDIENTS necessary; then the *modus operandi*, or MANNER of preparation, will be easily managed. By a careful reading, too, of the recipes, there will not be the slightest difficulty in arranging a repast for any number of persons, and an accurate notion will be gained of the TIME the cooking of each dish will occupy, of the periods at which it is REASONABLE, as also of its AVERAGE COST.

Speaking specially of the Recipes for Soups, it may be added, that by the employment of the BEST, MEDIUM, or COMMON STOCK, the quality of the Soups and their cost may be proportionately, *increased or lessened.*]

## S O U P S.

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### GENERAL DIRECTIONS FOR MAKING SOUPS.

LEAN, JUICY BEEF, MUTTON, AND VEAL, form the basis of all good soups; therefore it is advisable to procure those pieces which afford the richest succulence, and such as are fresh-killed. Stale meat renders soups bad, and fat is not well adapted for making them. The principal art in composing good rich soup is so to proportion the several ingredients that the flavour of one shall not predominate over another, and that all the articles of which it is composed shall form an agreeable whole. Care must be taken that the roots and herbs are perfectly well cleaned, and that the water is proportioned to the quantity of meat and other ingredients, allowing a quart of water to a pound of meat for soups, and half that quantity for gravies. In making soups or gravies, gentle stewing or simmering is absolutely necessary. It may be remarked, moreover, that a really good soup can never be made but in a well-closed vessel, although, perhaps, greater wholesomeness is obtained by an occasional exposure to the air. Soups will, in general, take from four to six hours doing, and are much better prepared the day before they are wanted. When the soup is cold, the fat may be easily and completely removed; and in pouring it off, care must be taken not to disturb the *settlings* at the bottom of the vessel, which are so fine that they will escape through a sieve. A very fine hair sieve or cloth is the best strainer, and if the soup is strained while it is hot, let the tannin or cloth be previously

soaked in cold water. Clear soups must be perfectly transparent, and thickened soups about the consistency of cream. To obtain a really clear and transparent soup, it is requisite to continue skimming the liquor until there is not a particle of skum remaining, this being commenced immediately after the water is added to the meat. To thicken and give body to soups and gravies, potato-mucilage, arrowroot, bread-rasplings, isinglass, flour and butter, barley, rice, or oatmeal, are used. A piece of boiled beef pounded to a pulp, with a bit of butter and flour, and rubbed through a sieve, and gradually incorporated with the soup, will be found an excellent addition. When soups and gravies are kept from day to day in hot weather, they should be warmed up every day, put into fresh-scalded pans or tureens, and placed in a cool larder. In temperate weather, every other day may be sufficient. Stock made from meat only, keeps good longer than that boiled with vegetables, the latter being liable to turn the mixture sour, particularly in very warm weather.

## STOCKS FOR ALL KINDS OF SOUPS.

### 1.—RICH STRONG STOCK.

**INGREDIENTS.**—3 lbs. of shin of beef, 3 lbs. of knuckle of veal,  $\frac{1}{2}$  lb. of good lean ham, any poultry trimmings, 2 oz. of butter, 3 onions, 3 carrots, 2 turnips (the latter should be omitted in summer, lest they ferment), 1 head of celery, a few chopped mushrooms when obtainable, 1 tomato, a bunch of savoury herbs, not forgetting parsley;  $1\frac{1}{2}$  oz. of salt, 3 lumps of sugar, 12 white peppercorns, 6 cloves, 3 small blades of mace, 4 quarts of water.

**Mode.**—Melt the butter in a delicately clean stewpan, and put in the ham cut in thin broad slices, carefully trimming off all its rusty fat; cut up the beef and veal in pieces about 3 inches square, and lay them on the ham; set it on the stove, and stir frequently. When the meat is equally browned, put in the beef and veal bones, the poultry trimmings, and pour in the cold water. Skim well, and occasionally add a little cold water, to stop its boiling, until it becomes quite clear; then put in all the other ingredients, and simmer very slowly for 5 hours. Do not let it come to a brisk boil, so that the stock be not wasted, and its colour preserved. Strain through a very fine hair-sieve or cloth, and the stock will be fit for use the next day.

**Time,** 5 hours. **Average cost,** 1s. 9d. per quart.

### 2.—MEDIUM STOCK.

**INGREDIENTS.**—3 lbs. of shin of beef, or 3 lbs. of knuckle of veal, or 2 lbs. of each; any bones, trimmings of poultry, or fresh meat;  $\frac{1}{2}$  lb. of lean bacon or ham, 2 oz. of butter, 2 large onions, each stuck with 3 cloves; 1 turnip, 3 carrots,  $\frac{1}{2}$  a leek, 1 head of celery, 2 oz. of salt, 3 lumps of sugar,  $\frac{1}{2}$  a teaspoonful of white pepper, 1 large blade of mace, 1 small bunch of savoury herbs, 4 quarts of water, and  $\frac{1}{2}$  a pint of cold water.

**Mode.**—Cut up the meat and bacon or ham into pieces about 3 inches square; put the butter on the bottom of the stewpan; put in  $\frac{1}{2}$  a pint of

water and the meat, cover the stewpan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale firm gravy, add the 4 quarts of cold water, with all the other ingredients: and simmer very gently for 5 hours. As we have said before, do not let it boil quickly. Remove every particle of scum whilst it is doing, and before putting it away in the larder, strain it through a fine hair-sieve.

This stock is the basis of many of the soups afterwards mentioned, and it will be found quite strong enough for ordinary purposes.

*Time*, 5 hours. *Average cost*, 1s. per quart.

### 3.—ECONOMICAL STOCK.

**INGREDIENTS.**—*The liquor in which a joint of meat has been boiled, say 4 quarts; trimmings of fresh meat or poultry, shank-bones, &c., roast-beef bones, any pieces the larder may furnish; vegetables, spices, and the same seasoning as in the foregoing recipe (No. 2).*

*Mode.*—Let all the ingredients simmer gently for 5 hours, taking care to skim carefully at first. Strain the stock off, and put it by for use.

*Time*, 5 hours. *Average cost*, 5d. per quart.

### 4.—WHITE STOCK.

(TO BE USED IN THE PREPARATION OF WHITE SOUPS.)

**INGREDIENTS.**—*4 lbs. of knuckle of veal, any poultry trimmings, 4 slices of lean ham, 1 carrot, 2 onions, 1 head of celery, 12 white peppercorns, 1 oz. of salt, 1 blade of mace, 1 oz. of butter, 4 quarts of water.*

*Mode.*—Cut up the veal, and put it with the bones and trimmings of poultry, and the ham, into the stewpan, which has been rubbed with the butter. Moisten with  $\frac{1}{2}$  a pint of water, and simmer till the gravy begins to flow. Then add the 4 quarts of water with the remainder of the ingredients: and simmer for 5 hours. After skimming and straining it carefully through a very fine hair-sieve, it will be ready for use.

*Time*,  $5\frac{1}{2}$  hours. *Average cost*, 1s. 8d. per quart.

*Note.*—When stronger stock is desired, double the quantity of veal, or put in an old fowl. The liquor in which a young turkey has been boiled is an excellent addition to all white stock or soups.

### 5.—BROWNING FOR STOCK.

**INGREDIENTS.**—*2 oz. of powdered sugar, and  $\frac{1}{2}$  a pint of water.*

*Mode.*—Place the sugar in a stewpan over a slow fire until it begins to melt, keeping it stirred with a wooden spoon until it becomes black, when add the water, and let it dissolve. Cork closely, and use a few drops when required.

*Note.*—In France, burnt onions are made use of for the purpose of browning. As a general rule, the process of browning is to be discouraged, as apt to impart a slightly unpleasant flavour to the stock, and, consequently, all soups made from it.

### 6.—TO CLARIFY STOCK.

**INGREDIENTS.**—*The whites of two eggs,  $\frac{1}{2}$  pint of water, 2 quarts of stock.*

*Mode.*—Supposing that by some accident the soup is not quite clean, and

that its quantity is 2 quarts, take the whites of 2 eggs, carefully separated from their yolks, whisk them well together with the water, and add gradually the 2 quarts of boiling stock, still whisking. Place the soup on the fire, and when boiling and well skimmed, whisk the eggs with it till nearly boiling again; then draw it from the fire, and let it settle, until the whites of the eggs become separated. Pass through a fine cloth, and the soup should be clear.

*Note.*—The rule is, that all clear soups should be of a light straw-colour, and should not savour too strongly of the meat; and that all white or brown thick soups should have no more consistency than will enable them to adhere slightly to the spoon when hot.

## 7.—CARROT SOUP.

### I.

**INGREDIENTS.**—4 quarts of liquor in which a leg of mutton or beef has been boiled, a few beef-bones, 6 large carrots, 2 large onions, 1 turnip, seasoning of salt and pepper to taste, 3 lumps of sugar, cayenne.

*Mode.*—Put the liquor, bones, onions, turnip, pepper, and salt, into a stew-pan, and simmer for 3 hours. Scrape and cut the carrots thin, strain the soup on them, and stew them till soft enough to pulp through a hair-sieve or coarse cloth; then boil the pulp with the soup, which should be of the consistency of pea soup. Add cayenne. Pulp only the red part of the carrot, and make this soup the day before it is wanted.

*Time,* 4½ hours. *Average cost,* 1½d. per quart. *Seasonable* from October to March. *Sufficient* for 8 persons.

### II.

**INGREDIENTS.**—2 lbs. of carrots, 3 oz. of butter, seasoning to taste of salt and cayenne, 2 quarts of rich strong stock (No. 1).

*Mode.*—Scrape and cut out all specks from the carrots, wash and wipe them dry, and then reduce them into quarter-inch slices. Put the butter into a large stewpan, and when it is melted, add 2 lbs. of the sliced carrots, and let them stew gently for an hour without browning. Add to them the soup, and allow them to simmer till tender,—say for nearly an hour. Press them through a strainer with the soup, and add salt and cayenne if required. Boil the whole gently for 5 minutes, skim well, and serve as hot as possible.

*Time,* 1½ hour. *Average cost,* 1s. 5d. per quart.

## 8.—CELERY SOUP.

**INGREDIENTS.**—9 heads of celery, 1 teaspoonful of salt, nutmeg to taste, 1 lump of sugar, ½ pint of strong stock, a pint of cream, and 2 quarts of boiling water.

*Mode.*—Cut the celery into small pieces; throw it into the water, season with the nutmeg, salt, and sugar. Boil it till sufficiently tender; pass it through a sieve, add the stock, and simmer it for half an hour. Now put in the cream, bring it to the boiling-point, and serve immediately.

*Time,* 1 hour. *Average cost,* 1s. per quart, seasoning cream &c. 1s. per pint.

## SOUP.

### 9.—A GOOD FAMILY SOUP.

**INGREDIENTS.**—*Remains of a cold tongue, 2 lbs. of shin of beef, any cold pieces of meat or beef-bones, 2 turnips, 2 carrots, 2 onions, 1 parsnip, 1 head of celery, 4 quarts of water,  $\frac{1}{2}$  teacupful of rice; salt and pepper to taste.*

**Mode.**—Put all the ingredients in a stewpan, and simmer gently for 4 hours, or until all the goodness is drawn from the meat. Strain off the soup, and let it stand to get cold. The kernels and soft parts of the tongue must be saved. When the soup is wanted for use, skim off all the fat, put in the kernels and soft parts of the tongue, slice in a small quantity of fresh carrot, turnip, and onion; stew till the vegetables are tender, and serve with toasted bread.

**Time,** 5 hours. **Average cost,** 4d. per quart. **Seasonable** at any time. **Sufficient** for 8 persons.

### 10.—GRAVY SOUP.

**INGREDIENTS.**—*4 lbs. of shin of beef, a piece of the knuckle of veal weighing 3 lbs., a few pieces or trimmings of meat or poultry, 3 slices of nicely-flavoured lean ham,  $\frac{1}{2}$  lb. of butter, 2 onions, 4 carrots, 1 turnip, nearly a head of celery, 1 blade of mace, 6 cloves, a bunch of savoury herbs, seasoning of salt and pepper to taste, 3 lumps of sugar, 5 quarts of boiling soft water. It can be flavoured with ketchup, Leamington sauce (see SAUCES), or Harvey's sauce, and a little soy.*

**Mode.**—Slightly brown the meat and ham in the butter, but do not let them burn. When this is done, pour to it the water, put in the salt, and as the scum rises take it off; when no more appears, add all the other ingredients, and let the soup simmer slowly by the fire for 6 hours without stirring it any more from the bottom; take it off, and pass it through a sieve. When perfectly cold and settled, all the fat should be removed, leaving the sediment untouched, which serves very nicely for thick gravies, hashes, &c. The flavourings should be added when the soup is heated for table.

**Time,** 7 hours. **Average cost,** 1s. per quart. **Seasonable** all the year. **Sufficient** for 12 persons.

### 11.—HARE SOUP.

#### I.

**INGREDIENTS.**—*A hare fresh-killed, 1 lb. of lean gravy-beef, a slice of ham, 1 carrot, 2 onions, a faggot of savoury herbs,  $\frac{1}{2}$  oz. of whole black pepper, a little browned flour,  $\frac{1}{2}$  pint of port wine, the crumb of 2 French rolls, salt and sageons to taste, 3 quarts of water.*

**Mode.**—Skin and parouch the hare, saving the liver and as much blood as possible. Cut it in pieces, and put it in a stewpan with all the ingredients, and simmer gently for 5 or 6 hours. As soon as the prime joints of the hare are sufficiently cooked, take them out of the soup, and put them on a plate in the larder until required for use. This soup should be made the day before it is wanted. Strain through a sieve, put the best parts of the hare in the soup, and serve.



## HARE SOUP.

## II.

Proceed as above; but, instead of putting the joints of the hare in the soup, pick the meat from the bones, pound it in a mortar, and add it, with the crumb of 2 French rolls, to the soup. Rub all through a sieve; heat slowly, but do not let it boil. Send it to table immediately.

*Time, 5 or 6 hours. Average cost, 1s. 9d. per quart. Seasonable from September to February. Sufficient for 8 persons.*

## 12.—HODGE-PODGE.

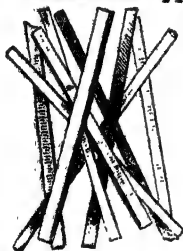
**INGREDIENTS.**—2 lbs. of shin of beef, 3 quarts of water, 1 pint of table-beer, 2 onions, 2 carrots, 2 turnips, 1 head of celery, pepper and salt to taste, thickening of butter and flour.

**Mode.**—Put the meat, beer, and water in a stewpan; simmer for a few minutes, and skim carefully. Add the vegetables and seasoning; stew gently till the meat is tender. Thicken with the butter and flour, and serve with turnips and carrots, or spinach and celery.

*Time, 8 hours, or rather more. Average cost, 4d. per quart. Seasonable at any time. Sufficient for 8 persons.*

## 13.—SOUP A LA JULIENNE.

**INGREDIENTS.**— $\frac{1}{2}$  pint of carrots,  $\frac{1}{2}$  pint of turnips,  $\frac{1}{2}$  pint of onions, 2 or 3 leeks,  $\frac{1}{2}$  head of celery, 1 lettuce, a little sorrel and chervil if liked, 2 oz. of butter, 2 quarts of medium stock (No. 2).



STRIPS OF VEGETABLES. and serve.

**Mode.**—Cut the vegetables into strips about  $1\frac{1}{2}$  inch long, and be particular they are all the same size, or some will be hard whilst the others will be done to a pulp. Cut the lettuce, sorrel, and chervil into larger pieces; fry the carrots in the butter, and pour the stock boiling to them. When this is done, add all the other vegetables and herbs, and stew gently for nearly an hour. Skim off all the fat, pour the soup over thin slices of bread cut round about the size of a shilling,

*Time,  $1\frac{1}{2}$  hour. Average cost, 1s. 9d. per quart. Seasonable all the year. Sufficient for 7 or 8 persons.*

**Note.**—In summer, green peas, asparagus-tops, French beans, &c., can be added. When the vegetables are very strong, instead of frying them in butter at first, they should be blanched, and afterwards simmered in the stock.

## 14.—MACARONI SOUP.

**INGREDIENTS.**—8 oz. of macaroni, a piece of butter the size of a walnut, salt to taste, 2 quarts of clear medium stock (No. 2).

**Mode.**—Throw the macaroni and butter into boiling water, with a pinch of salt, and simmer for  $\frac{1}{2}$  an hour. When it is tender, drain and cut it into thin rings or lengths, and drop it into the boiling stock. Stew gently for 5 minutes, and serve grated Parmesan cheese with it.

*Time,  $\frac{1}{2}$  hour. Average cost, 1s. 6d. per quart. Seasonable all the year. Sufficient for 7 or 8 persons.*

# 15.—MOCK TURTLE.

## I.

**INGREDIENTS.**— $\frac{1}{2}$  a calf's head,  $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. of lean ham, 2 tablespoonfuls of minced parsley, a little minced lemon thyme, sweet marjoram, basil, 2 onions, a few chopped mushrooms (when obtainable), 2 shalots, 2 tablespoonfuls of flour, 2 glasses of Madeira or sherry, force-meat balls, cayenne, salt and mace to taste, the juice of 1 lemon and 1 Seville orange, 1 dessert-spoonful of pounded sugar, 3 quarts of best strong stock (No. 1).

**Mode.**—Scald the head with the skin on, remove the brain, tie the head up in a cloth, and let it boil for 1 hour. Then take the meat from the bones, cut it into small square pieces, and throw them into cold water. Now take the meat, put it into a stewpan, and cover with stock; let it boil gently for an hour, or rather more, if not quite tender, and set it on one side. Melt the butter in another stewpan, and add the ham, cut small, with the herbs, parsley, onions, shalots, mushrooms, and nearly a pint of stock; let these simmer slowly for 2 hours, and then dredge in as much flour as will dry up the butter. Fill up with the remainder of the stock, add the wine, let it stew gently for 10 minutes, rub it through a sieve, and put it to the calf's head; season with cayenne, and, if required, a little salt; add the juice of the orange and lemon; and when liked,  $\frac{1}{2}$  teaspoonful of pounded mace, and the sugar. Put in the force-meat balls, simmer 5 minutes, and serve very hot.

*Time,  $4\frac{1}{2}$  hours. Average cost, 3s. 6d. per quart, or 2s. 6d. without wine or force-meat balls. Seasonable in winter. Sufficient for 10 persons.*

**Note.**—The bones of the head should be well stewed in the liquor it was first boiled in, and will make good white stock, flavoured with vegetables, &c.

## II.

(More Economical.)

**INGREDIENTS.**—A knuckle of veal weighing 5 or 6 lbs., 2 cow-heels, 2 large onions stuck with cloves, 1 bunch of sweet herbs, 3 blades of mace, salt to taste, 12 peppercorns, 1 glass of sherry, 24 force-meat balls, a little lemon-juice, 4 quarts of water.

**Mode.**—Put all the ingredients, except the force-meat balls, lemon-juice, and wine, in an earthen jar, and stew for 6 hours. Do not open it till cold. When wanted for use, skim off all the fat, and strain carefully; place the liquor on the fire, cut up the meat into inch-and-a-half squares, put it, with the force-meat balls, lemon-juice, and wine, into the soup, and when it has simmered for 5 minutes, serve. It can be flavoured with a tablespoonful of anchovy or Harvey's sauce.

*Time, 6 hours. Average cost, 1s. 6d. per quart. Seasonable in winter. Sufficient for 8 or 9 persons.*

## 16.—MULLAGATAWNY SOUP.

**INGREDIENTS.**—2 tablespoonfuls of *curry-powder*, 6 *onions*, 1 *clove of garlic*, 1 *oz. of pounded almonds*, a little *lemon-pickle*, or *mango-juice*, to taste; 1 *fowl or rabbit*, 4 *slices of lean bacon*, 2 *quarts of medium stock*, or, if wanted very good, *best stock*.

**Mode.**—Slice and fry the onions of a nice colour; line the stewpan with the bacon; cut up the rabbit or fowl into small joints, and slightly brown them; put in the fried onions, the garlic, and stock, and simmer gently till the meat is tender; skim very carefully, and when the meat is done, rub the *curry-powder* to a smooth batter with a little stock; add it to the soup with the almonds, which must also be first pounded with a little of the stock. Put in seasoning and *lemon-pickle* or *mango-juice* to taste, and serve boiled rice with it.

**Time**, 2 hours. **Average cost**, 1s. 8d. per quart, with stock No. 2. *Seasonable in winter. Sufficient for 8 persons.*

**Note.**—This soup can also be made with breast of veal or calf's head. Vegetable Mullagatawny is made with veal stock, by boiling and pulping chopped vegetable marrow, cucumbers, onions, and tomatoes, and seasoning with *curry-powder* and *cayenne*. Nice pieces of meat, good *curry-powder*, and strong stock, are necessary to make this soup good.

## 17.—OX-CHEEK SOUP.

**INGREDIENTS.**—A *ox-cheek*, 2 *oz. of butter*, 3 or 4 *slices of lean ham or bacon*, 1 *parsnip*, 3 *carrots*, 2 *onions*, 3 *heads of celery*, 2 *blades of mace*, 4 *cloves*, a *gagot of savoury herbs*, 1 *bay-leaf*, a *teaspoonful of salt*, *half that of pepper*, 1 *head of celery*, *browning*, the *crust of a French roll*, 5 *quarts of water*.

**Mode.**—Lay the ham in the bottom of the stewpan, with the butter; break the bones of the cheek, wash it clean, and put it on the ham. Cut the vegetables small, add them to the other ingredients, and set the whole over a slow fire for  $\frac{1}{2}$  of an hour. Now put in the water, and simmer gently till it is reduced to 4 quarts; take out the fleshy part of the cheek, and strain the soup into a clean stewpan; thicken with flour, put in a head of sliced celery, and simmer till the celery is tender. If not a good colour, use a little *browning*. Cut the meat into small square pieces, pour the soup over, and serve with the crust of a French roll in the tureen. A glass of sherry much improves this soup.

**Time**, 3 to 4 hours. **Average cost**, 9d. per quart. *Seasonable in winter. Sufficient for 10 persons.*

## 18.—OX-TAIL SOUP.

**INGREDIENTS.**—2 *ox-tails*, 2 *slices of ham*, 1 *oz. of butter*, 3 *carrots*, 2 *turnips*, 3 *onions*, 1 *leek*, 1 *head of celery*, 1 *bunch of savoury herbs*, 1 *bay-leaf*, 12 *whole peppercorns*, 4 *cloves*, a *tablespoonful of salt*, 3 *small lumps of sugar*, 2 *tablespoonfuls of ketchup*,  $\frac{1}{2}$  *glass of port wine*, 3 *quarts of water*.

**Mode.**—Cut up the tails, separating them at the joints; wash them, and put them in a stewpan, with the butter. Put in  $\frac{1}{2}$  pint of water, and set them over a sharp fire till the juices are drawn. Fill up the stock with the water, and, when boiling, add the salt. Skim well; cut the

in slices, add them, with the peppercorns and herbs, and simmer very gently for 4 hours, or until the tails are tender. Take them out, skim and strain the soup, thicken with flour, and flavour with the ketchup and port wine. Put back the tails, simmer for 5 minutes, and serve.

*Time, 4½ hours. Average cost, 1s. 6d. per quart. Seasonable in winter. Sufficient for 8 or 9 persons.*

### 19.—PEA SOUP (GREEN).

**INGREDIENTS.**—3 pints of green peas, ¼ lb. of butter, 2 or three thin slices of ham, 4 onions sliced, 4 shredded lettuces, the crumb of 2 French rolls, 2 handfuls of spinach, 1 lump of sugar, 2 quarts of medium stock (No. 2).

*Mode.*—Put the butter, ham, 1 quart of the peas, onions, and lettuces, to a pint of stock, and simmer for an hour; then add the remainder of the stock, with the crumb of the French rolls, and boil for another hour. Now boil the spinach, squeeze it very dry, and rub it, with the soup, through a sieve, to give the preparation a good colour. Have ready a pint of young peas boiled; add them to the soup, put in the sugar, give one boil, and serve. If necessary, add salt.

*Time, 2½ hours. Average cost, 2s. 0d. per quart. Seasonable from June to the end of August. Sufficient for 6 persons.*

*Note.*—It will be well to add, if the peas are not quite young, a little more sugar. Where economy is essential, water may be used instead of stock for this soup, boiling in it likewise the peashells, and using rather a larger quantity of vegetables.

### 20.—WINTER PEA SOUP (YELLOW).

**INGREDIENTS.**—1 quart of split peas, 2 lbs. of shin of beef, trimmings of meat or poultry, a slice of bacon, 2 large carrots, 2 turnips, 5 large onions, 1 head of celery, seasoning to taste, 2 quarts of soft water, any bones left from roast meat, 2 quarts of common stock, or liquor in which a joint of meat has been boiled.

*Mode.*—Put the peas to soak over-night in soft water, and float off such as rise to the top. Boil them in water till tender enough to pulp; then add the ingredients mentioned above, and simmer for 2 hours, stirring the soup occasionally, to prevent it from burning to the bottom of the saucepan. Press the whole through a sieve, skim well, season, and serve with toasted bread cut in dice.

*Time, 4 hours. Average cost, 9d. per quart. May be made all the year round, but is more suitable for cold weather. Sufficient for 10 persons.*

### 21.—PEA SOUP (Inexpensive).

**INGREDIENTS.**—¼ lb. of onions, ¼ lb. of carrots, 2 oz. of celery, ½ lb. of split peas, a little mint shred fine, 1 tablespoonful of coarse brown sugar, salt and pepper to taste, 4 quarts of water, or liquor in which a joint of meat has been boiled.

*Mode.*—Fry the vegetables for 10 minutes in a little butter or dripping, previously cutting them up in small pieces; pour the water on them, and when boiling, add the peas, which should have been soaked overnight, as in

the preceding recipe. Let them simmer for nearly 3 hours, or until the peas are thoroughly done. Add the sugar, seasoning, and mint; boil for  $\frac{1}{2}$  of an hour, and serve.

*Time, 3 $\frac{1}{2}$  hours. Average cost, 1 $\frac{1}{2}$ d. per quart. Seasonable in winter. Sufficient for 10 persons.*

### 22.—POTATO SOUP.

**INGREDIENTS.**—4 lbs. of mealy potatoes boiled or steamed very dry, pepper and salt to taste, 2 quarts of medium stock (No. 2).

**Mode.**—When the potatoes are boiled, mash them smoothly with a fork, that no lumps remain, and gradually put them to the boiling stock; pass it through a sieve, season, and simmer for 5 minutes. Skim well, and serve with fried bread.

*Time,  $\frac{1}{2}$  hour. Average cost, 13d. per quart. Seasonable from September to March. Sufficient for 8 persons.*

### 23.—POTAGE PRINTANIER, or SPRING SOUP.

**INGREDIENTS.**— $\frac{1}{2}$  a pint of green peas if in season, a little chervil, 2 shredded lettuces, 2 onions, a very small bunch of parsley, 2 oz. of butter, the yolks of 3 eggs, 1 pint of water, seasoning to taste, 2 quarts of medium stock (No. 2).

**Mode.**—Put in a very clean stewpan the chervil, lettuces, onions, parsley, and butter, to 1 pint of water, and let them simmer till tender. Season with salt and pepper; when done, strain off the vegetables, and put two-thirds of the liquor they were boiled in to the stock. Beat up the yolks of the eggs with the other third, give it a toss over the fire, and at the moment of serving, add this, with the vegetables which have been strained off, to the soup.

*Time,  $\frac{3}{4}$  of an hour. Average cost, 1s. 3d. per quart. Seasonable from May to October. Sufficient for 6 or 8 persons.*

### 24.—RICE SOUP.

**INGREDIENTS.**—4 oz. of Patna rice, salt, cayenne, and pounded mace to taste, 2 quarts of white stock (No. 4).

**Mode.**—Throw the rice into boiling water, and let it remain 5 minutes; then pour it into a sieve, and allow it to drain well. Now add it to the stock boiling, and allow it to stew till it is quite tender; season to taste. Serve quickly.

*Time, 1 hour. Average cost, 1s. 6d. per quart. Seasonable all the year. Sufficient for 8 persons.*

### 25.—TAPIOCA SOUP.

**INGREDIENTS.**—5 oz. of tapioca, 2 quarts of medium stock (No. 2).

**Mode.**—Put the tapioca into cold stock, and bring it gradually to a boil. Simmer gently till tender, and serve.

*Time, rather more than 1 hour. Average cost, 1s. 3d. or 3d. per quart. Seasonable all the year. Sufficient for 8 persons.*

Rago and vegetable soups are made in the same manner as the above.

### 26.—TURKEY SOUP (a Seasonable Dish at Christmas).

**INGREDIENTS.**—2 quarts of medium stock (No. 2), the remains of a cold roast turkey, 2 oz. of rice-flour or arrowroot, salt and pepper to taste, 1 tablespoonful of Harvey's sauce, and the same of mushroom ketchup.

**Mode.**—Cut up the turkey in small pieces, and put it in the stock; let it simmer slowly until the bones are quite clean. Take the bones out, and work the soup through a sieve; when cool, skim well. Mix the rice-flour or arrowroot to a batter with a little of the soup; add it with the seasoning and sauce, or ketchup; give one boil, and serve.

**Time,** 4 hours. **Average cost,** 1s. per quart. *Seasonable at Christmas. Sufficient for 8 persons.*

**Note.**—Instead of thickening this soup, vermicelli or macaroni may be served in it.

### 27.—USEFUL SOUP FOR BENEVOLENT PURPOSES.

**INGREDIENTS.**—An ox-cheek, any pieces of trimmings of beef, which may be bought very cheaply (say 4 lbs.), a few bones, any pot-liquor the larder may furnish,  $\frac{1}{2}$  peck of onions, 6 leeks, a large bunch of herbs,  $\frac{1}{2}$  lb. of celery (the outside pieces, or green tops, do very well),  $\frac{1}{2}$  lb. of carrots,  $\frac{1}{2}$  lb. of turnips,  $\frac{1}{2}$  lb. of coarse brown sugar,  $\frac{1}{2}$  a pint of beer, 4 lbs. of common rice or pearl barley,  $\frac{1}{2}$  lb. of salt, 1 oz. of black pepper, a few bread-rasplings, 10 gallons of water.

**Mode.**—Cut up the meat in small pieces, break the bones, put them in a copper, with the 10 gallons of water, and stew for  $\frac{1}{2}$  an hour. Cut up the vegetables, put them in with the sugar and beer, and boil for 4 hours. Two hours before the soup is wanted, add the rice and rasplings, and keep stirring till it is well mixed in the soup, which simmer gently. If the liquor reduces too much, fill up with water.

**Time,** 6 $\frac{1}{2}$  hours. **Average cost,** 8d. per quart.

**Note.**—The above recipe was used in the winter of 1859 by the Editress, who made, each week, in her copper, 8 or 9 gallons of this soup, for distribution amongst about a dozen families of the village near which she lives. The cost, as will be seen, was not great; but she has reason to believe that it was very much liked, and gave to the members of those families a dish of warm, comforting food, in place of the cold meat and piece of bread which form, with too many cottagers, their usual meal, when, with a little more knowledge of the "cooking" art, they may have, for less expense, a warm dish every day.

### 28.—VERMICELLI SOUP.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of vermicelli, 2 quarts of clear medium stock (No. 2).

**Mode.**—Put the vermicelli in the soup when it is boiling; simmer very gently for  $\frac{1}{2}$  hour, and stir frequently.

**Time,**  $\frac{1}{2}$  hour. **Average cost,** 1s. 8d. per quart. *Seasonable all the year. Sufficient for 8 persons.*

### 29.—WHITE SOUP.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of sweet almonds,  $\frac{1}{2}$  lb. of cold veal or poultry, a thick slice of stale bread, a piece of fresh lemon-peel, 1 blade of mace pounded,  $\frac{1}{2}$  pint of cream, the yolks of 2 hard-boiled eggs, 2 quarts of white stock (No. 4).

**Mode.**—Bruise the almonds in a mortar to a paste, with a spoonful of

water, and add to them the meat, which should be previously pounded with the bread. Beat all together and add the lemon-peel, very finely chopped, and the mace. Pour the boiling stock on the whole, and simmer for an hour. Rub the eggs in the cream, put in the soup, bring it to the boiling-point, and serve immediately.

*Time*, 1½ hour. *Average cost*, 1s. 9d. per quart. *Seasonable* all the year. *Sufficient* for 8 persons.

*Note*.—A more economical white soup may be made by using common veal stock, and thickening with rice, flour, and milk. Vermicelli should be served with it.—*Average cost*, 5d. per quart.

## F I S H.

[Nothing is more difficult than to give the average prices of Fish, inasmuch as a few hours of bad weather at sea will, in the space of one day, cause such a difference in its supply, that the same fish—a turbot for instance—which may be bought to-day for six or seven shillings, will, to-morrow be, in the London markets, worth, perhaps, almost as many pounds. The average costs, therefore, which will be found appended to each recipe, must be understood as about the average price for the different kinds of fish when the market is supplied upon an average, and when the various sorts are of an average size and quality.]

**GENERAL RULE IN CHOOSING FISH.**—A proof of freshness and goodness in most fishes is their being covered with scales; for, if deficient in this respect, it is a sign of their being stale, or having been ill-used.]

### 80.—BRILL.

**INGREDIENTS.**—½ lb. of salt to each gallon of water; a little vinegar.

*Mode*.—Clean the brill, cut off the fins, and rub it over with a little lemon-juice, to preserve its whiteness. Set the fish in sufficient cold water to cover it; throw in salt in the above proportions, and a little vinegar, and bring it gradually to boil; simmer very gently till the fish is done, which will be in about 10 minutes; but the time for boiling, of course, depends entirely on the size of the fish. Serve it on a hot napkin, and garnish with cut lemon, parsley, horseradish, and a little lobster coral sprinkled over the fish. Send lobster or shrimp sauce and plain melted butter to table with it.

*Time*, after the water boils, a small brill, 10 minutes; a large brill, 15 to 20 minutes. *Average cost*, from 4s. to 8s. *Seasonable* from August to April.

**TO CHOOSE BRILL.**—The flesh of this fish, like that of turbot, should be of a yellowish tint, and should be chosen on account of its thickness. If the flesh has a bluish tint, it is not good.

### 81.—COD'S HEAD AND SHOULDERS.

**INGREDIENTS.**—Sufficient water to cover the fish; 5 oz. of salt to each gallon of water.

*Mode*.—Cleanse the fish thoroughly, and rub a very little salt over the whole part and inside of the fish, 1 or 2 hours before dressing it, as this very

much improves the flavour. Lay it in the fish-kettle, with sufficient cold water to cover it. Be very particular not to pour the water on the fish, as it is liable to break it, and only keep it just simmering. If the water should boil away, add a little by pouring it in *at the side of the kettle*, and not on the fish. Add salt in the above proportion, and bring it gradually to a boil. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Take it out and drain it; serve on a hot napkin, and garnish with cut lemon, horseradish, and the liver.

*Time*, according to size,  $\frac{1}{2}$  an hour, more or less. *Average cost*, from 3s. to 6s. *Sufficient* for 6 or 8 persons. *Seasonable* from November to March.

*Note*.—Oyster sauce and plain melted butter should be served with this.

To CHOOSE COD.—The cod should be chosen for the table when it is plump and round near the tail, when the hollow behind the head is deep, and when the sides are undulated as if they were ribbed. The glutinous parts about the head lose their delicate flavour after the fish has been twenty-four hours out of the water. The great point by which the cod should be judged is the firmness of its flesh; and although the cod is not firm when it is alive, its quality may be arrived at by pressing the finger into the flesh. If this rises immediately, the fish is good; if not, it is stale. Another sign of its goodness is, if the fish, when it is cut, exhibits a *brilliant* appearance, like the silver side of a round of beef. When this is the case, the flesh will be firm when cooked. Stiffness in a cod, or in any other fish, is a sure sign of freshness, though not always of quality. Sometimes codfish, though exhibiting signs of rough usage, will eat much better than those with red gills, so strongly recommended by many cookery-books. This appearance is generally caused by the fish having been knocked about at sea, in the wall-boats, in which they are conveyed from the fishing-grounds to market.

## 32.—SALT COD, COMMONLY CALLED "SALT-FISH."

*INGREDIENTS*.—*Sufficient water to cover the fish.*

*Mode*.—Wash the fish, and lay it all night in water, with a  $\frac{1}{2}$  pint of vinegar. When thoroughly soaked, take it out, see that it is perfectly clean, and put it in the fish-kettle with sufficient cold water to cover it. Heat it gradually, and do not let it boil fast, or the fish will be hard. Skim well, and when done, drain the fish and put it on a napkin garnished with hard-boiled eggs cut in rings.

*Time*, about 1 hour. *Average cost*, 6d. per lb. *Seasonable* in the spring. *Sufficient* for each person,  $\frac{1}{2}$  lb.

*Note*.—Serve with egg sauce and parsnips. This is an especial dish on Ash-Wednesday.

## 33.—COD PIE (*Economical*).

### I.

*INGREDIENTS*.—*Any remains of cold cod, 12 oysters, sufficient melted butter to moisten it; mashed potatoes enough to fill up the dish.*

*Mode*.—Flake the fish from the bone, and carefully take away all the skin. Lay it in a pie-dish, pour over the melted butter and oysters (or oyster sauce, if there is any left), and cover with mashed potatoes. Bake for  $\frac{1}{2}$  an hour, and send to table of a nice brown colour.

*Time*,  $\frac{1}{2}$  hour. *Seasonable* from November to March.



## COD PIE.

## II.

**INGREDIENTS.**—2 slices of cod, pepper and salt to taste,  $\frac{1}{2}$  a teaspoonful of grated nutmeg, 1 large blade of pounded mace, 2 oz. of butter,  $\frac{1}{2}$  pint of medium stock (No. 2), a paste crust (see PASTRY). For sauce, 1 tablespoonful of stock,  $\frac{1}{2}$  pint of cream or milk, thickening of flour or butter, lemon-peel to taste, chopped very fine, 12 oysters.

**Mode.**—Lay the cod in salt for 4 hours; then wash it and place it in a dish; season, and add the butter and stock: cover with the crust, and bake for 1 hour, or rather more. Now make the sauce, by mixing the ingredients named above; give it one boil, and pour it into the pie by a hole made at the top of the crust, which can easily be covered by a small piece of pastry cut and baked in any fanciful shape—such as a leaf or otherwise.

**Time,**  $1\frac{1}{2}$  hour. **Average cost,** with fresh fish, 2s. 6d. **Seasonable** from November to March. **Sufficient** for 6 persons.

**Note.**—The remains of cold fish may be used for this pie.

## 34.—CURRIED COD.

**INGREDIENTS.**—2 slices of large cod, or the remains of any cold fish, 3 oz. of butter, 1 onion sliced, a teacupful of white stock, thickening of butter and flour, 1 tablespoonful of curry-powder,  $\frac{1}{2}$  pint of cream, salt and cayenne to taste.

**Mode.**—Flake the fish, and fry it of a nice brown colour with the butter and onions; put this in a stewpan, add the stock and thickening, and simmer for 10 minutes. Stir the curry-powder into the cream; put it, with the seasoning, to the other ingredients; give one boil, and serve.

**Time,**  $\frac{3}{4}$  hour. **Average cost,** with fresh fish, 3s. **Seasonable** from November to March. **Sufficient** for 4 persons.

## 35.—TO DRESS CRAB.

**INGREDIENTS.**—1 crab, 2 tablespoonfuls of vinegar, 2 ditto of oil,  $\frac{1}{2}$  teaspoonful of made mustard; salt, white pepper, and cayenne to taste.

**Mode.**—Empty the shells, and thoroughly mix the meat with the above ingredients, and put it in the large shell. Garnish with slices of cut lemon and parsley. The quantity of oil may be increased when it is much liked.

**Average cost,** from 10d. to 2s. **Seasonable** all the year, but not so good in May, June, and July. **Sufficient** for 3 persons.

**TO CHOOSE CRAB.**—The middle-sized crab is the best; and the crab, like the lobster, should be judged by its weight; for if light, it is watery.

## 36.—HOT CRAB.

**INGREDIENTS.**—1 crab; nutmeg, salt, and pepper to taste; 3 oz. of butter,  $\frac{1}{2}$  lb. of bread crumbs, 3 tablespoonfuls of vinegar.

**Mode.**—After having boiled the crab, pick the meat out from the shells, and mix with it the nutmeg and seasoning. Cut up the butter in small pieces, and add the bread crumbs and vinegar. Mix altogether, put the whole in the large shell, and brown before the fire, or with a salamander.

**Time,** 1 hour. **Average cost,** from 10d. to 2s. **Seasonable** all the year, but not so good in May, June, and July. **Sufficient** for 3 persons.

## 37.—JOHN DORY.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of salt to each gallon of water.

**Mode.**—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in firmness, but not in richness. Cleanse it thoroughly, and cut off the fins; lay it in a fish-kettle, cover with cold water, and add salt in the above proportion. Bring it gradually to a boil, and simmer gently for  $\frac{1}{2}$  hour, or longer should the fish be large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter, should be sent to table with it.

**Time,** after the water boils,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, according to size. **Average cost,** 3s. to 5s. **Seasonable** all the year, but best from September to January.

**Note.**—Small John Dories are very good baked.

## 38.—BOILED EELS.

**INGREDIENTS.**—4 small eels, sufficient water to cover them; a large bunch of parsley.

**Mode.**—Choose small eels for boiling; put them in a stewpan with the parsley, and just sufficient water to cover them; simmer till tender. Take them out, pour a little parsley and butter over them, and serve some in a tureen.

**Time,**  $\frac{1}{2}$  hour. **Average cost,** 10d. per lb. **Seasonable** from June to March. **Sufficient** for 4 persons.

## 39.—STEWED EELS.

## I.

**INGREDIENTS.**—2 lbs. of eels, 1 pint of rich strong stock (No. 1), 1 onion, 3 cloves, a piece of lemon-peel, 1 glass of port or Madeira, 3 tablespoonfuls of cream, thickening of flour, cayenne and lemon-juice to taste.

**Mode.**—Wash and skin the eels, and cut them into pieces about 3 inches long; pepper and salt them, and lay them in a stewpan; pour over the stock, add the onion stuck with cloves, the lemon-peel, and the wine. Stew gently for  $\frac{1}{2}$  hour, or rather more, and lift them carefully on a dish, which keep hot. Strain the gravy, stir to the cream sufficient flour to thicken; mix altogether, boil for 2 minutes, and add the cayenne and lemon-juice; pour over the eels, and serve.

**Time,**  $\frac{3}{4}$  hour. **Average cost** for this quantity, 2s. 3d. **Seasonable** from June to March. **Sufficient** for 5 or 6 persons.

## II.

**INGREDIENTS.**—2 lbs. of middling-sized eels, 1 pint of medium stock (No. 2),  $\frac{1}{2}$  pint of port wine; salt, cayenne, and mace to taste; 1 teaspoonful of essence of anchovy, the juice of  $\frac{1}{2}$  a lemon.

**Mode.**—Skin, wash, and clean the eels thoroughly; cut them into pieces 3 inches long, and put them into strong salt and water for 1 hour; dry them well with a cloth, and fry them brown. Put the stock on with the heads and

tails of the eels, and simmer for  $\frac{1}{2}$  hour; strain it, and add all the other ingredients. Put in the eels, stew gently for nearly  $\frac{1}{2}$  hour; serve.\*

*Time*, including the hour for soaking, 2 hours. *Average cost*, 1s. 9d. *Seasonable from June to March*. *Sufficient for 5 or 6 persons*.

#### 40.—FRIED EELS.

**INGREDIENTS.**—1 lb. of eels, 1 egg, a few bread crumbs, hot lard.

*Mode.*—Wash the eels, cut them into pieces 3 inches long, trim, and wipe them very dry; dredge with flour, rub them over with egg, and cover with bread crumbs; fry of a nice brown in hot lard. If the eels are small, curl them round, instead of cutting them up. Garnish with fried parsley.

*Time*, 20 minutes, or rather less. *Average cost*, 10d. per lb. *Seasonable from June to March*.

#### 41.—EEL PIE.

**INGREDIENTS.**—1 lb. of eels, a little chopped parsley, 1 shalot, grated nutmeg, pepper and salt to taste, the juice of  $\frac{1}{2}$  a lemon, small quantity of forcemeat,  $\frac{1}{2}$  pint of good gravy, puff-paste.

*Mode.*—Skin and wash the eels, cut them into pieces 2 inches long, and line the bottom of the pie-dish with forcemeat. Put in the eels, and sprinkle them with the parsley, shalots, nutmeg, scasoning, and lemon-juice, and cover with puff-paste. Bake for 1 hour, or rather more; make the gravy hot, pour it into the pie, and serve.

*Time*, 1 hour. *Average cost*, 1s. 3d. *Seasonable from June to March*.

#### 42.—FISH AND OYSTER PIE.

**INGREDIENTS.**—Any remains of cold fish, such as cod or haddock; 2 dozen oysters, pepper and salt to taste, bread crumbs sufficient for the quantity of fish;  $\frac{1}{2}$  teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley, some made melted butter.

*Mode.*—Clear the fish from the bones, and put a layer of it in a pie-dish, which sprinkle with pepper and salt; then a layer of bread crumbs, oysters, nutmeg, and chopped parsley. Repeat this till the dish is quite full. A covering may be formed either of bread crumbs, which should be browned, or puff-paste; the latter should be cut into long strips, and laid in cross-bars over the fish, with a line of the paste first laid round the edge. Before putting on the top, pour in some made melted butter, or a little thin white sauce, and the oyster-liquor, and bake.

*Time*, if made of cooked fish,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour; if made of fresh fish and puff-paste,  $\frac{3}{4}$  hour. *Average cost*, 2s. 6d. *Seasonable from September to April*.

*Note.*—A nice little dish may be made by flaking any cold fish, adding a few oysters, seasoning with pepper and salt, and covering with mashed potatoes;  $\frac{1}{2}$  to  $\frac{3}{4}$  hour will bake it.

#### 43.—FISH CAKE.

**INGREDIENTS.**—The remains of any cold fish, 1 onion, 1 faggot of sweet herbs, salt and pepper to taste, 1 pint of water, equal quantities of bread crumbs and cold potatoes,  $\frac{1}{2}$  teaspoonful of parsley, 1 egg, bread crumbs.

*Mode.*—Pick the meat from the bones of the fish, which latter put, with

the head and fins, into a stewpan with the water ; add pepper and salt, the onion and herbs, and stew slowly for gravy about 2 hours ; chop the fish fine, and mix it well with bread crumbs and cold potatoes, adding the parsley and seasoning ; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread crumbs, and fry of a light brown ; strain the gravy, pour it over, and stew gently for  $\frac{1}{2}$  hour, stirring it carefully once or twice. Serve hot, and garnish with slices of lemon and parsley.

*Time*,  $\frac{1}{2}$  hour after the gravy is made. *Average cost*, 4*d.*, without fish.

#### 44.—FRIED FLOUNDERS.

**INGREDIENTS.**—*Flounders, egg, and bread crumbs ; boiling lard.*

*Mode.*—Cleanse the fish, and, two hours before they are wanted, rub them inside and out with salt, to render them firm ; wash and wipe them very dry, dip them into egg, and sprinkle over with bread crumbs ; fry them in boiling lard, dish on a hot napkin, and garnish with crisped parsley.

*Time*, from 5 to 10 minutes, according to size. *Average cost*, 3*d.* each. *Seasonable* from August to November. *Sufficient* 1 for each person.

#### 45.—BAKED HADDOCKS.

**INGREDIENTS.**—*A nice forcemeat (see FORCEMEAT), butter to taste, egg, and bread crumbs.*

*Note.*—Scale and clean the fish, without cutting it open much ; put in a nice delicate forcemeat, and sew up the slit. Brush it over with egg, sprinkle over bread crumbs, and baste frequently with butter. Garnish with parsley and cut lemon, and serve with a nice brown gravy, plain melted butter, or anchovy sauce. The egg and bread crumbs can be omitted, and pieces of butter placed over the fish.

*Time*, large haddock,  $\frac{3}{4}$  hour ; moderate size,  $\frac{1}{2}$  to  $\frac{1}{2}$  hour. *Seasonable* from August to February. *Average cost*, from 9*d.* upwards.

#### 46.—BOILED HADDOCK.

**INGREDIENTS.**—*Sufficient water to cover the fish ;  $\frac{1}{4}$  lb. of salt to each gallon of water.*

*Mode.*—Scrape the fish, take out the inside, wash it thoroughly, and lay it in a kettle, with enough water to cover it, adding salt in the above proportion. Simmer gently from 15 to 20 minutes, or rather more, should the fish be very large. For small haddocks, fasten the tails in their mouths, and put them into boiling water. 10 to 15 minutes will cook them. Serve with plain melted butter or anchovy sauce.

*Time*, large haddock,  $\frac{1}{2}$  hour ; small,  $\frac{1}{4}$  hour, or rather less. *Average cost*, from 9*d.* upwards. *Seasonable* from August to February.

#### 47.—DRIED HADDOCK.

##### I.

Dried haddock should be gradually warmed through, either before or over a nice clear fire, a little piece of butter rubbed over it, and sent expeditiously to table on a thoroughly hot dish.

## II.

## A DELICIOUS METHOD OF COOKING DRIED HADDOCK.

**INGREDIENTS.**—1 large thick haddock, 2 bay-leaves, 1 small bunch of savoury herbs, not forgetting parsley, a little butter and pepper; boiling water.

**Mode.**—Cut up the haddock into square pieces, make a basin hot by means of hot water, which pour out. Lay in the fish, with the bay-leaves and herbs; cover with boiling water; put a plate over to keep in the steam, and let it remain for 10 minutes. Take out the slices, put them in a hot dish, rub over with butter and pepper, and serve.

*Time*, 10 minutes. *Seasonable* at any time, but best in winter.

## 48.—RED HERRINGS, or YARMOUTH BLOATERS.

The best way to cook these is to make incisions in the skin across the fish, because they do not then require to be so long on the fire, and will be far better than when cut open. The hard roe makes a nice relish by pounding it in a mortar, with a little anchovy, and spreading it on toast. If very dry, soak in warm water 1 hour before dressing. If they are liked split open, they should be rubbed with a tiny piece of butter previously to being sent to table, after they come from the gridiron.

## 49.—BAKED WHITE HERRINGS.

**INGREDIENTS.**—12 herrings, 4 bay-leaves, 12 cloves, 12 allspice, 2 small blades of mace, cayenne pepper and salt to taste, sufficient vinegar to fill up the dish.

**Mode.**—Let the herrings be perfectly fresh; cut off the heads, and gut them; put them in a pie dish, heads and tails alternately, and, between each layer, sprinkle over some of the above ingredients. Cover the fish with the vinegar, and bake for  $\frac{1}{2}$  hour, but do not use it till quite cold. The herrings may be cut down the front, the backbone taken out, and closed again. Sprats done in this way are very delicious.

*Time*,  $\frac{1}{2}$  an hour. *Average cost*, 1d. each.

**To CHOOSE THE HERRINGS.**—The more scales this fish has, the surer the sign of its freshness. It should also have a bright and silvery look; but if red about the head, it indicates that it has been dead for some time.

## 50.—LOBSTER

**INGREDIENTS.**—1 hen lobster, lettuce, endive, small salad (whatever is in season), little chopped pimiento, 2 hard-boiled eggs, a few slices of cucumber. For dressing, equal quantities of oil and vinegar, 1 teaspoonful of made mustard, the yolks of 2 eggs, cayenne and salt to taste,  $\frac{1}{2}$  teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy-looking sauce.

**Mode.**—Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuce and endive, pour the dressing on them, and lightly throw in the small salad. Mix all well together with the pickings from the body of the lobster; pick the meat from the shell, cut it up into nice square pieces; put half in the salad, the other half reserve for garnishing. Separate the yolks from

the whites of 2 hard-boiled eggs; chop the whites very fine, rub the yolks through a sieve, and afterwards the coral from the inside. Put the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, next with the pieces of lobster, then the yolks and whites of the eggs, coral, and beetroot placed alternately, and so arranged in small separate bunches that the colours contrast nicely.

*Average cost, 3s. 6d. Sufficient for 4 or 5 persons. Seasonable from April to October; may be had all the year; but salad is scarce and expensive in winter.*

*Note.*—A few crayfish make a pretty garnishing to lobster salad.

### 51.—TO DRESS LOBSTERS.

When the lobster is boiled, rub it over with a little salad-oil, which wipe off again; separate the body from the tail, break off the great claws, and crack them at the joints, without injuring the meat; split the tail in halves, and arrange all neatly in a dish, with the body upright in the middle, and garnish with parsley.

*Seasonable at any time.*

### 52.—POTTED LOBSTER.

**INGREDIENTS.**—2 lobsters; seasoning to taste, of nutmeg, pounded mace, white pepper, and salt;  $\frac{1}{2}$  lb. of butter, 3 or 4 bay-leaves.

*Mode.*—Take out the meat carefully from the shell, but do not cut it up. Put some butter at the bottom of a dish, lay in the lobster as evenly as possible, with the bay-leaves and seasoning between; cover with butter, and bake for  $\frac{3}{4}$  hour in a gentle oven. When done, drain the whole on a sieve, and lay the pieces in potting-jars, with the seasoning about them. When cold, pour over it clarified butter, and, if very highly seasoned, it will keep some time.

*Time,  $\frac{3}{4}$  hour. Average cost for this quantity, 4s 4d. Seasonable at any time.*

### 53.—BAKED MACKEREL.

**INGREDIENTS.**—4 middling-sized mackerel, a nice delicate forcemeat (see FORCEMEAT), 3 oz. of butter; pepper and salt to taste.

*Mode.*—Clean the fish, take out the roes, fill up with forcemeat, and sew up the slit. Flour, and put them in a dish, heads and tails alternately, with the roes; and, between each layer, put some little pieces of butter, and pepper and salt. Bake for  $\frac{1}{2}$  an hour, and either serve with plain melted butter or a *maitre d'hôtel* sauce.

*Time,  $\frac{1}{2}$  hour. Average cost for this quantity, 1s. 10d. Seasonable from April to July. Sufficient for 6 persons.*

*Note.*—Baked mackerel may be dressed in the same way as baked herrings (see No. 49), and may also be stewed in wine.

### 54.—BOILED MACKEREL.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of salt to each gallon of water.

*Mode.*—Cleanse the inside of the fish thoroughly, and lay them in the

kettle with sufficient water to cover them, with salt as above; bring them gradually to boil, skim well, and simmer gently till done; dish them on a hot napkin, heads and tails alternately, and garnish with fennel. Fennel sauce and plain melted butter are the usual accompaniments to boiled mackerel; but caper or anchovy sauce is sometimes served with it.

*Time*, after the water boils, 10 minutes; for large mackerel, allow more time. *Average cost*, from 4d. *Seasonable* from April to July.

*Note*.—When variety is desired, fillet the mackerel, boil it, and pour over parsley and butter; send some of this, besides, in a tureen.

To CHOOSE MACKEREL.—In choosing this fish, purchasers should, to a great extent, be regulated by the brightness of its appearance. If it have a transparent, silvery hue, the flesh is good; but if it be red about the head, it is stale.

### 55.—BROILED MACKEREL.

**INGREDIENTS.**—*Pepper and salt to taste; a small quantity of oil.*

*Mode*.—Mackerel should never be washed when intended to be broiled, but merely wiped very clean and dry, after taking out the gills and insides. Open the back, and put in a little pepper, salt, and oil; broil it over a clear fire, turn it over on both sides, and also on the back. When sufficiently cooked, the flesh can be detached from the bone, which will be in about 10 minutes for a small mackerel. Chop a little parsley, work it up in the butter, with pepper and salt to taste, and a squeeze of lemon-juice, and put it in the back. Serve before the butter is quite melted, with a *maitre d'hôtel* sauce in a tureen.

*Time*, small mackerel 10 minutes. *Average cost*, from 4d. *Seasonable* from April to July.

### 56.—PICKLED MACKEREL.

**INGREDIENTS.**—12 peppercorns, 2 bay-leaves,  $\frac{1}{2}$  pint of vinegar, 4 mackerel.

*Mode*.—Boil the mackerel as in the recipe No. 54, and lay them in a dish; take half the liquor they were boiled in; add as much vinegar, and the above proportion of peppercorns and bay-leaves; boil this mixture for 10 minutes, and when cold, pour it over the fish.

*Time*,  $\frac{1}{2}$  hour. *Average cost*, 1s. 6d.

### 57.—SCALLOPED OYSTERS.

#### 1.

**INGREDIENTS.**—*Oysters, say 1 pint, 1 oz. butter, flour, 2 tablespoonfuls of white stock, 2 tablespoonfuls of cream; pepper and salt to taste; bread crumbs, oiled butter.*

*Mode*.—Scald the oysters in their own liquor; take them out, beard them, add strain the liquor free from grit. Put 1 oz. of butter into a stewpan; when melted, dredge in sufficient flour to dry it up; add the stock, cream, and strained liquor, and give one boil. Put in the oysters and seasoning; let them gradually heat through, *but do not allow them to boil*. Have ready the scallop-shells buttered; lay in the oysters, and as much of the liquid as they will hold; cover them over with bread crumbs, over which drop a little oiled

butter. Brown them in the oven, or before the fire, and serve quickly and very hot.

*Time*, altogether,  $\frac{1}{2}$  hour. *Average cost* for this quantity, 5s. 6d. *Sufficient* for 5 or 6 persons.

## II.

Prepare the oysters as in the preceding recipe, put them in a scallop-shell or saucer, and between each layer sprinkle over a few bread crumbs, pepper, salt, and grated nutmeg; place small pieces of butter over, and bake before the fire in a Dutch oven. Put sufficient bread crumbs on the top to make a smooth surface, as the oysters should not be seen.

*Time*, about  $\frac{1}{2}$  hour. *Average cost*, 5s. 2d. *Seasonable* from September to April.

### 58.—STEWED OYSTERS.

**INGREDIENTS.**—1 pint of oysters, 1 oz. of butter, flour,  $\frac{1}{2}$  pint of cream, cayenne and salt to taste, 1 blade of pounded mace.

*Mode.*—Scald the oysters in their own liquor; take them out, beard them, and strain the liquor; put the butter into a stewpan, dredge in sufficient flour to dry it up, add the oyster-liquor and mace, and stir it over a sharp fire with a wooden spoon; when it comes to a boil, add the cream, oysters, and seasoning. Let all simmer for 1 or 2 minutes, but not longer, or the oysters would harden. Serve on a hot dish, and garnish with croûtons or toasted sippets of bread. A small piece of lemon-peel boiled with the oyster-liquor, and taken out before the cream is added, will be found an improvement.

*Time*, altogether 15 minutes. *Average cost* for this quantity, 5s. 6d. *Seasonable* from September to April. *Sufficient* for 6 persons.

### 59.—TO KEEP OYSTERS.

Put them in a tub, and cover them with salt and water. Let them remain for 12 hours, when they are to be taken out, and allowed to stand for another 12 hours without water. If left without water every alternate 12 hours, they will be much better than if constantly kept in it. Never put the same water twice to them.

### 60.—FRIED PLAICE.

**INGREDIENTS.**—Hot lard or clarified dripping, egg, and bread crumbs.

*Mode.*—This fish is fried in the same manner as soles. Wash and wipe them thoroughly dry, and let them remain in a cloth until it is time to dress them. Brush them over with egg, and cover with bread crumbs mixed with a little flour. Fry of a nice brown in hot dripping or lard, and garnish with fried parsley and cut lemon. Send them to table with shrimp-sauce and plain melted butter.

*Time*, about 5 minutes. *Average cost*, 3d. each. *Seasonable* from May to November. *Sufficient*, 4 plaice for 4 persons.

*Note.*—Plaice may be boiled plain, and served with melted butter. Garnish with parsley and cut lemon.



## 61.—BOILED SALMON.

**INGREDIENTS.**—6 oz. of salt to each gallon of water,--sufficient water to cover the fish.

**Mode.**—Scale and clean the fish, and be particular that no blood is left inside; lay it in the fish-kettle with sufficient cold water to cover it, adding salt in the above proportion. Bring it quickly to a boil, take off all the scum, and let it simmer gently till the fish is done, which will be when the meat separates easily from the bone. Experience alone can teach the cook to fix the time for boiling fish; but it is especially to be remembered, that it should never be underdressed, as then nothing is more unwholesome. Neither let it remain in the kettle after it is sufficiently cooked, as that would render it insipid, watery, and colourless. Drain it; and if not wanted for a few minutes, keep it warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster or shrimp sauce and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish.

**Time,** 8 minutes to each lb. for large thick salmon; 6 minutes for thin fish. **Average cost,** in full season, 1s. to 1s. 6d. per lb. **Seasonable** from April to August. **Sufficient,**  $\frac{1}{2}$  lb., or rather less, for each person.

**Notes.**—Cut lemon should be put on the table with this fish; and a little of the juice squeezed over it is considered by many persons a most agreeable addition. Boiled peas are also, by some connoisseurs, considered especially adapted to be served with salmon.

**To CHOOSE SALMON.**—To be good, the belly should be firm and thick, which may readily be ascertained by feeling it with the thumb and finger. The circumstance of this fish having red gills, though given as a standing rule in most cookery-books, as a sign of its goodness, is not at all to be relied on, as this quality can be easily given them by art.

## 62.—SALMON CUTLETS.

Cut the slices 1 inch thick, and season them with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with their ends twisted; broil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is required, add a few chopped herbs and a little spice.

**Time,** 5 to 10 minutes.

## 63.—PICKLED SALMON.

**INGREDIENTS.**—Salmon,  $\frac{1}{2}$  oz. of whole pepper,  $\frac{1}{2}$  oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

**Mode.**—After the fish comes from table, lay it in a nice dish with a cover to it, as it should be excluded from the air, and take away the bone; boil the liquor and vinegar with the other ingredients for 10 minutes, and let it stand to get cold; pour it over the salmon, and in 12 hours it will be fit for the table.

## 64.—CRIMPED SKATE.

INGREDIENTS.— $\frac{1}{2}$  lb. of salt to each gallon of water.

Mode.—Clean, skin, and cut the fish into slices, which roll and tie round with string. Have ready some water highly salted; put in the fish, and boil till it is done. Drain well, remove the string, dish on a hot napkin, and serve with melted butter, caper, or anchovy sauce. It may be dished without a napkin, and the sauce poured over.

Time, about 20 minutes. Average cost, 6d. per lb. Seasonable from August to April.

To CHOOSE SKATE.—This fish should be chosen for its firmness, breadth, and thickness, and should have a creamy appearance. When crimped, it should not be kept longer than a day or two, as all kinds of crimped fish soon become sour. Skate should never be eaten out of season, as it is liable to produce diarrhoea and other diseases.

## 65.—TO BAKE SMELTS.

INGREDIENTS.—12 smelts, bread crumbs,  $\frac{1}{2}$  lb. of fresh butter, 2 blades of pounded mace; salt and cayenne to taste.

Mode.—Wash, and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine bread crumbs, and place little pieces of butter all over them. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

Time,  $\frac{1}{2}$  hour. Average cost, 2s. per dozen. Seasonable from October to May. Sufficient for 6 persons.

To CHOOSE SMELTS.—When good, this fish is of a fine silvery appearance, and when alive, their backs are of a dark brown shade, which, after death, fades to a light fawn. They ought to have a refreshing fragrance, resembling that of a cucumber.

## 66.—TO FRY SMELTS.

INGREDIENTS.—Egg and bread crumbs, a little flour, boiling lard.

Mode.—Smelts should be very fresh, and not washed more than is necessary to clean them. Dry them in a cloth, lightly flour, dip them in egg, sprinkle over with very fine bread crumbs, and put them into boiling lard. Fry of a nice pale brown, and be careful not to take off the light roughness of the crumbs, or their beauty will be spoiled. Dry them before the fire on a drainer, and serve with plain melted butter. This fish is often used as a garnish.

Time, 5 minutes. Average cost, 2s. per dozen. Seasonable from October to May.

## 67.—SOLE OR COD PIE.

INGREDIENTS.—The remains of cold boiled sole or cod, seasoning to taste of pepper, salt, and pounded mace, 1 dozen oysters to each lb. of fish, 3 tablespoonfuls of white stock, 1 teacupful of cream thickened with flour, puff-paste.

Mode.—Clear the fish from the bones, lay it in a pie-dish, and between each layer put a few oysters and a little seasoning; add the stock, and, when liked,

a small quantity of butter ; cover with puff-paste, and bake for  $\frac{1}{2}$  hour. Boil the cream with sufficient flour to thicken it ; pour in the pie, and serve.

*Time,  $\frac{1}{2}$  hour. Average cost for this quantity, 10d. Seasonable at any time. Sufficient for 4 persons.*

### 68.—FRIED SOLES.

**INGREDIENTS.**—2 middling-sized soles, hot lard or clarified dripping, egg, and bread crumbs.

**Mode.**—Skin and carefully wash the soles, and cut off the fins ; wipe them very dry, and let them remain in the cloth until it is time to dress them. Have ready some fine bread crumbs and beaten egg ; dredge the soles with a little flour, brush them over with egg, and cover with bread crumbs. Put them in a deep pan, with plenty of clarified dripping or lard (when the expense is not objected to, oil is still better), heated, so that it may neither scorch the fish nor make them sodden. When they are sufficiently cooked on one side, turn them carefully, and brown them on the other : they may be considered ready when a thick smoke rises. Lift them out carefully, and lay them before the fire on a reversed sieve and soft paper, to absorb the fat. Particular attention should be paid to this, as nothing is more disagreeable than greasy fish : it may be easily avoided by dressing it in good time, and allowing a few minutes for it to get thoroughly crisp, and free from greasy moisture. Dish the soles on a hot napkin, garnish with cut lemon and fried parsley, and send them to table with shrimp sauce and plain melted butter.

*Time, 10 minutes for large soles ; less time for small ones. Average cost, from 1s. to 2s. per pair. Seasonable at any time. Sufficient for 4 or 5 persons.*

### 69.—SPRATS.

Sprats should be cooked very fresh, which can be ascertained by their bright and sparkling eyes. Wipe them dry ; fasten them in rows by a skewer run through the eyes ; dredge with flour, and broil them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot.

*Time, 3 or 4 minutes. Average cost, 1d. per lb. Seasonable from November to March.*

**To CHOOSE SPRATS.**—Choose these from their silvery appearance, as the brighter they are, so are they the fresher.

### 70.—SPRATS FRIED IN BATTER.

**INGREDIENTS.**—2 eggs, flour, bread crumbs ; seasoning of salt and pepper to taste.

**Mode.**—Wipe the sprats, and dip them in a batter made of the above ingredients. Fry of a nice brown, serve very hot, and garnish with fried parsley.

Sprats may be baked like herrings. (*See No. 49.*)

### 71.—BOILED TURBOT.

**INGREDIENTS.**—6 oz. of salt to each gallon of water.

**Mode.**—Choose a middling-sized turbot, for they are invariably the most

valuable: if very large, the meat will be tough and thready. Three or four hours before dressing, soak the fish in salt and water to take off the slime; then thoroughly cleanse it, and with a knife make an incision down the middle of the back, to prevent the skin of the belly from cracking. Rub it over with lemon, and be particular not to cut off the fins. Lay the fish in a very clean turbot-kettle, with sufficient cold water to cover it, and salt in the above proportion. Let it gradually come to a boil, and skim very carefully; keep it gently simmering, and on no account let it boil fast, as the fish would be liable to break, and so have a very unsightly appearance. When the meat separates easily from the bone, it is done; then take it out, let it drain well, and dish it on a hot napkin. Rub a little lobster spawn through a sieve, sprinkle it over the fish, and garnish with tufts of parsley and cut lemon. Lobster or shrimp sauce, and plain melted butter, should be sent to table with it.

*Time*, after the water boils, about  $\frac{1}{2}$  hour for a large turbot; middling size, about 20 minutes. *Average cost*, large turbot, from 10s. to 21s.; middling size, from 8s. to 15s. *Seasonable* at any time. *Sufficient*, 1 middling-sized turbot for 8 persons.

## 72.—BOILED WHITING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of salt to each gallon of water.

*Mode.*—Cleanse the fish, but do not skin them; lay them in a fish-kettle, with sufficient cold water to cover them, and salt in the above proportion. Bring them gradually to a boil, and simmer gently for about 5 minutes, or rather more should the fish be very large. Dish them on a hot napkin, and garnish with tufts of parsley. Serve with anchovy or caper sauce and plain melted butter.

*Time*, after the water boils, 5 minutes. *Average cost* for small whittings, 4d. each. *Seasonable* all the year, but best from October to March. *Sufficient*, 1 small whiting for each person.

*To Choose Whiting.*—Choose for the firmness of its flesh and the silvery hue of its appearance.

## 73.—BROILED WHITING.

**INGREDIENTS.**—Salt and water, flour.

*Mode.*—Wash the whiting in salt and water; wipe them thoroughly, and let them remain in the cloth to absorb all moisture. Flour them well and broil over a very clear fire. Serve with *maitre d'hôtel* sauce or plain melted butter. (See SAUCES.) Be careful to preserve the liver, as by some it is considered very delicate.

*Time*, 5 minutes for a small whiting. *Average cost*, 4d. each. *Seasonable* all the year, but best from October to March. *Sufficient*, 1 small whiting for each person.

## 74.—FRIED WHITING.

**INGREDIENTS.**—Egg and bread crumbs, a little flour, hot lard or clarified dripping.

*Mode.*—Take off the skin, clean and thoroughly wipe the fish free from all moisture, as this is most essential, in order that the egg and bread crumbs

may properly adhere. Fasten the tail in the mouth by means of a small skewer, brush the fish over with egg, dredge with a little flour, and cover with bread crumbs. Fry them in hot lard or clarified dripping of a nice colour, and serve them on a napkin, garnished with fried parsley. Send them to table with shrimp sauce and plain melted butter.

*Time*, about 6 minutes. *Average cost*, 4d. each. *Seasonable* all the year, but best from October to March. *Sufficient*, 1 small whiting for each person.

## SAUCES, GRAVIES, FORCEMEAT, PICKLES, &c.

### 75.—APPLE SAUCE FOR GEESSE, PORK, &c.

**INGREDIENTS.**—*6 good-sized apples, sifted sugar to taste, a piece of butter the size of a walnut, water.*

*Mode.*—Pare, core, and quarter the apples, and throw them into cold water to preserve their whiteness. Put them in a saucepan, with sufficient water to moisten them, and boil till soft enough to pulp. Beat them up, adding sugar to taste, and a small piece of butter. *This quantity is sufficient for a good-sized tureen.*

*Time*, according to the apples, about  $\frac{1}{2}$  hour. *Average cost*, 4d. *Sufficient*, this quantity, for a goose or couple of ducks. *Seasonable* from August to March.

### 76.—BREAD SAUCE (to serve with Roast Turkey, Fowl, Game, &c.).

**INGREDIENTS.**—*1 pint of milk,  $\frac{3}{4}$  lb. of the crumb of a stale loaf, 1 onion, 1 pounded mace, cayenne, and salt to taste; 1 oz. of butter.*

*Mode.*—Peel and quarter the onion, and simmer it in the milk till perfectly tender. Break the bread, which should be stale, into small pieces, carefully picking out any hard outside pieces; put it in a very clean saucepan, strain the milk over it, cover it up, and let it remain for an hour to soak. Now beat it up with a fork very smoothly, add a seasoning of pounded mace, cayenne, and salt, with 1 oz. of butter; give the whole one boil, and serve. To enrich this sauce, a small quantity of cream may be added just before sending it to table.

*Time*, altogether,  $1\frac{1}{2}$  hour. *Average cost* for this quantity, 4d. *Sufficient* to serve with a turkey, pair of fowls, or brace of partridges.

### 77.—CAPER SAUCE FOR BOILED MUTTON.

**INGREDIENTS.**— *$\frac{1}{2}$  pint of melted butter (No. 81), 3 tablespoonfuls of capers or nasturtiums, 1 tablespoonful of their liquor.*

*Mode.*—Chop the capers twice or thrice, and add them, with their liquor, to  $\frac{1}{2}$  pint of melted butter, made very smoothly; keep stirring well; let the sauce just simmer, and serve in a tureen. Pickled nasturtium pods are fine.

devoured, and by many are eaten in preference to capers. They make an excellent sauce.

*Time*, after the melted butter is made, 2 minutes to simmer. *Average cost* for this quantity, 8d. *Sufficient* to serve with a leg of mutton. *Seasonable* at any time.

### 78.—EGG SAUCE FOR SALT FISH.

**INGREDIENTS.**—4 eggs,  $\frac{1}{2}$  pint of melted butter (No. 81); when liked a very little lemon-juice.

*Mode.*—Boil the eggs until quite hard, which will be in about 20 minutes, and put them into cold water for  $\frac{1}{2}$  hour. Strip off the shells, chop the eggs into small pieces, not, however, too fine. Make the melted butter very smoothly, by recipe No. 81; when boiling, stir in the eggs, and serve very hot. Lemon-juice may be added at pleasure.

*Time*, 20 minutes to boil the eggs. *Average cost*, 8d. *Sufficient* for 3 or 4 lbs. of fish.

*Note.*—When a thicker sauce is required, use one or two more eggs to the same quantity of melted butter.

### 79.—FENNEL SAUCE FOR MACKEREL.

**INGREDIENTS.**— $\frac{1}{2}$  pint of melted butter (No. 81), rather more than tablespoonful of chopped fennel.

*Mode.*—Make the melted butter very smoothly, by recipe No. 81; chop the fennel rather small, carefully cleansing it from any grit or dirt, and put it to the butter when it is on the point of boiling. Simmer for a minute or two, and serve in a tureen.

*Time*, 2 minutes. *Average cost*, 4d. *Sufficient* to serve with 5 or 6 mackerel.

### 80.—LOBSTER SAUCE, to serve with Turbot, Salmon, Brill, &c.

(*Very good.*)

**INGREDIENTS.**—1 middling-sized hen lobster, 1 pint of melted butter (No. 81), 1 tablespoonful of anchovy sauce,  $\frac{1}{2}$  oz. of butter, salt and cayenne to taste, a little pounded mace when liked, 2 or 3 tablespoonfuls of cream.

*Mode.*—Choose a hen lobster, as this is indispensable, in order to render this sauce as good as it ought to be. Pick the meat from the shells, and cut it into small square pieces; put the spawn, which will be found under the tail of the lobster, into a mortar with  $\frac{1}{2}$  oz. of butter, and pound it quite smooth; rub it through a hair-sieve, and cover up till wanted. Make 1 pint of melted butter by recipe No. 81; put in all the ingredients except the lobster-meat, and well mix the sauce before the lobster is added to it, as it should retain its square form, and not come to table shredded and ragged. Put in the meat, let it get thoroughly hot, but do not allow it to boil, as the colour would immediately be spoiled; for it should be remembered that this sauce ought always to have a bright red appearance. If it is intended to be served with turbot or brill, a little of the spawn (dried and rubbed through a

sieve without butter) should be saved to garnish with ; but as the appearance of the sauce so much depends on having a proper quantity of spawn, the less used for garnishing the better.

*Time*, 1 minute to simmer after the lobster has become thoroughly hot through. *Average cost*, for this quantity, 2s. *Seasonable* at any time. *Sufficient* to serve with a small turbot, a brill, or salmon for 6 persons.

*Note*.—Melted butter made with milk, No. 83, will be found to answer very well for lobster sauce, as by employing it a better colour will be obtained. Less quantity than the above may be made by using a very small lobster, to which add only  $\frac{1}{2}$  pint of melted butter, and season as above. Where economy is desired, the cream may be dispensed with, and a lobster left from table may be converted into a very good sauce, if used before the fish is allowed to become stale.

### 81.—MELTED BUTTER.

#### I.

**INGREDIENTS**.— $\frac{1}{2}$  lb. of butter, a dessertspoonful of flour, 2 wine-glassfuls of water, salt to taste.

*Mode*.—Cut the butter up into small pieces, put it into a saucepan, dredge over the flour, and add the water and a seasoning of salt ; stir it *one way* constantly till the whole of the ingredients are melted and thoroughly blended. Let it just boil, when it is ready to serve. If the butter is to be melted with cream, use the same quantity as of water, but omit the flour ; keep stirring it, but do not allow it to boil.

*Time*, 1 minute to simmer. *Average cost* for this quantity, 4d.

#### II.

(More Economical.)

**INGREDIENTS**.—2 oz. of butter, 1 dessertspoonful of flour, salt to taste,  $\frac{1}{2}$  pint of water.

*Mode*.—Mix the flour and water to a smooth batter, which put into a saucepan. Add the butter and a seasoning of salt ; keep stirring *one way* till all the ingredients are melted and perfectly smooth ; let the whole boil for a minute or two, and serve.

*Time*, 2 minutes to simmer. *Average cost* for this quantity, 2d.

### 82.—MELTED BUTTER MADE WITH MILK.

**INGREDIENTS**.—1 teaspoonful of flour, 2 oz. butter,  $\frac{1}{2}$  pint of milk, a few grains of salt.

*Mode*.—Mix the butter and flour smoothly together on a plate ; put it into a lined saucepan, and pour in the milk. Keep stirring it *one way* over a sharp fire ; let it boil quickly for a minute or two, and it is ready to serve. This is a very good foundation for onion, lobster, or oyster sauce, and is the melted butter we recommend in preference to either of the preceding : using milk instead of water makes the preparation look so much whiter and more delicate.

*Time*, altogether, 10 minutes. *Average cost* for this quantity, 1

**83.—MINT SAUCE,** to serve with Roast Lamb.

**INGREDIENTS.**—4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of pounded white sugar,  $\frac{1}{2}$  pint of vinegar.

**Mode.**—Wash the mint, which should be young and fresh-gathered, free from grit; pick the leaves from the stalks, mince them very fine, and put them into a tureen; add the sugar and vinegar, and stir till the former is dissolved. This sauce is better by being made 2 or 3 hours before wanted for table, as the vinegar then becomes impregnated with the flavour of the mint. By many persons, the above proportion of sugar would not be considered sufficient; but as tastes vary, we have given the quantity which we have found to suit the general palate.

*Average cost, 3d.* Sufficient to serve with a middling-sized joint of lamb.

**Note.**—Where green mint is scarce and not obtainable, mint vinegar may be substituted for it, and will be found very acceptable in early spring.

**84.—OYSTER SAUCE,** to serve with Fish, Boiled Poultry, &c.

**INGREDIENTS.**—3 dozen oysters,  $\frac{1}{2}$  pint of melted butter, made with milk (No. 82).

**Mode.**—Open the oysters carefully, and save their liquor; strain it into a clean saucepan (a lineæ one is best); put in the oysters, and let them just come to the boiling-point, when they should look plump. Take them off the fire immediately, and put the whole into a basin. Strain the liquor from them, mix with it sufficient milk to make  $\frac{1}{2}$  pint altogether, and follow the directions of No. 82. When the melted butter is ready and very smooth, put in the oysters, which should be previously bearded, if you wish the sauce to be really nice. Set it by the side of the fire to get thoroughly hot, *but do not allow it to boil*, or the oysters will immediately harden. Using cream instead of milk makes this sauce extremely delicious. When liked, add a seasoning of cayenne, or anchovy sauce; but, as we have before stated, a plain sauce *should* be plain, and not be overpowered by highly-flavoured essences; therefore we recommend that the above directions be implicitly followed, and no seasoning added.

*Average cost* for this quantity, 6s. 6d. Sufficient for 6 persons. Never allow fewer than 6 oysters to 1 person, unless the party is very large. Seasonable from September to April.

A more economical sauce may be made by using a smaller quantity of oysters, and not bearding them before they are added to the sauce: this may answer the purpose, but we cannot undertake to recommend it as a mode of making this delicious adjunct to fish, &c.

**85.—PARSLEY AND BUTTER,** to serve with Calf's Head, Boiled Fowls, &c.

**INGREDIENTS.**—2 tablespoonfuls of minced parsley,  $\frac{1}{2}$  pint of melted butter (No. 81 or 82).

**Mode.**—Put into a saucepan a small quantity of water, slightly salted, and when it boils, throw in a good bunch of parsley which has been previously washed and tied together in a bunch; let it boil for 5 minutes, drain it, mince



the leaves *very fine*, and put the above quantity in a tureen; pour over it  $\frac{1}{2}$  pint of smoothly-made melted butter; stir once, that the ingredients may be thoroughly mixed, and serve.

*Time*, 5 minutes to boil the parsley. *Average cost*, 4d. *Sufficient* for 1 large fowl; allow rather more for a pair. *Seasonable* at any time.

*Note*.—Sometimes, in the middle of winter, parsley-leaves are not to be had, when the following will be found an excellent substitute:—Tie up a little parsley-seed in a small piece of muslin, and boil it for 10 minutes in a small quantity of water; use this water to make the melted butter with, and throw into it a little boiled spinach, minced rather fine, which will have an appearance similar to that of parsley.

## 86.—WHITE ONION SAUCE, for Boiled Rabbits, Roast Shoulder of Mutton, &c.

**INGREDIENTS**.—9 large onions, or 12 middle-sized ones, 1 pint of melted butter made with milk (No. 82),  $\frac{1}{2}$  teaspoonful of salt, or rather more.

*Mode*.—Peel the onions and put them into water to which a little salt has been added, to preserve their whiteness, and let them remain for  $\frac{1}{2}$  hour. Then put them in a stewpan, cover them with water, and let them boil until tender; and, if the onions should be very strong, change the water after they have been boiling for  $\frac{1}{2}$  hour. Drain them thoroughly, chop them, and rub them through a sieve. Make 1 pint of melted butter, by recipe No. 82, and when that boils, put in the onions, with a seasoning of salt; stir it till it simmers, when it will be ready to serve. If these directions are carefully attended to, this onion sauce will be delicious.

*Time*, from  $\frac{3}{4}$  to 1 hour, to boil the onions. *Average cost*, 9d. per pint. *Sufficient* to serve with roast shoulder of mutton or boiled rabbit. *Seasonable* from August to March.

*Note*.—To make this sauce very mild and delicate, use Spanish onions, which can be procured from the beginning of September to Christmas. 2 or 3 tablespoonfuls of cream added, just before serving, will be found to improve its appearance very much. Small onions, when very young, may be cooked whole, and served in melted butter. A sieve or tammy should be kept expressly for onions: an old, ~~and perfectly clean~~ one answers the purpose, as it is liable to retain the flavour and smell, which of course would be excessively disagreeable in delicate preparations.

## 87.—SHRIMP SAUCE, for Various Kinds of Fish.

**INGREDIENTS**.— $\frac{1}{2}$  pint of melted butter (No. 82),  $\frac{1}{2}$  pint of picked shrimps, cayenne to taste.

*Mode*.—Make the melted butter very smoothly by recipe No. 82; shell the shrimps (sufficient to make  $\frac{1}{2}$  pint when picked), and put them into the butter; season with cayenne, and let the sauce just simmer, but do not allow it to boil. When liked, a teaspoonful of anchovy sauce may be added.

*Time*, 1 minute to simmer. *Average cost*, 6d. *Sufficient* for 3 or 4 persons.

## 88.—WHITE SAUCE (Good).

**INGREDIENTS**.— $\frac{1}{2}$  pint of white stock (No. 4),  $\frac{1}{2}$  pint of cream, 1 dessert-spoonful of flour, salt to taste.

*Mode*.—Have ready a delicately-clean saucepan, into which put the stock,

which should be well flavoured with vegetables, and rather savoury; mix the flour smoothly with the cream, add it to the stock, season with a little salt, and boil all these ingredients very gently for about 10 minutes, keeping them well stirred the whole time, as this sauce is very liable to burn.

*Time, 10 minutes. Aver. cost, 1s. 3d. Sufficient for a pair of fowls. Seasonable at any time.*

### 89.—WHITE SAUCE, made without Meat.

**INGREDIENTS.**—2 oz. of butter, 2 small onions, 1 carrot,  $\frac{1}{2}$  a small teacupful of flour, 1 pint of new milk, salt and cayenne to taste.

**Mode.**—Cut up the onions and carrot very small, and put them into a stewpan with the butter; simmer them till the butter is nearly dried up; then stir in the flour and add the milk; boil the whole gently until it thickens, strain it, season with salt and cayenne, and it will be ready to serve.

*Time,  $\frac{1}{2}$  hour. Average cost, 5d. Sufficient for a pair of fowls. Seasonable at any time.*

### 90.—WHITE SAUCE (a very Simple and Inexpensive Method).

**INGREDIENTS.**— $1\frac{1}{2}$  pint of milk,  $1\frac{1}{2}$  oz. of rice, 1 strip of lemon-peel, 1 small blade of pounded mace, salt and cayenne to taste.

**Mode.**—Boil the milk with the lemon-peel and rice until the latter is perfectly tender; then take out the lemon-peel and pound the milk and rice together; put it back into the stewpan to warm, add the mace and seasoning, give it one boil, and serve. This sauce should be of the consistency of thick cream.

*Time, about  $\frac{1}{2}$  hour to boil the rice. Average cost, 4d. Sufficient for a pair of fowls. Seasonable at any time.*

### 91.—GENERAL STOCK FOR GRAVIES.

Either of the stocks Nos. 1 or 2 will be found to answer very well as the basis of many gravies, unless these are wanted very rich indeed, in which case the addition of various store sauces, thickening, and flavouring, will be necessary. It has been here referred to may be converted into very good gravies. It should be kept in mind, however, that the goodness and strength of spices, which, if long boiled, evaporate, and that they lose a great deal of their fragrance, if boiled in the gravy a long time before they are wanted. If this point is attended to, saving of one half the quantity of these ingredients will be effected, as, by long boiling, the flavour almost entirely passes away. The shank bone of mutton, previously well soaked, will be found a great assistance in curdling gravies; a kidney or melt, beef skirt, trimmings of meat, &c. &c., answer very well when only a small quantity is wanted; and, as we have before observed, a good gravy need not necessarily be so very expensive, for economically-prepared dishes are oftentimes found as savoury and wholesome as dearer ones. The cook should also remember that the fragrance of gravies should not be overpowered by too much spice, or any strong essences, and that they should always be warmed in a bain marie after they are flavoured.

or else in a jar or jug placed in a saucepan of boiling water. The remains of roast-meat gravy should always be saved; as, when no meat is at hand, a very nice gravy in haste may be made from it, which, when added to hashes, ragouts, &c., is a great improvement. It will be well to mention that gravies, like soups, are always very much nicer if made, with the exception of the flavourings, the day before they are wanted.

## 92.—BROWNING FOR GRAVIES AND SAUCES.

The browning for soups (*see* No. 5) answers equally well for sauces and gravies, when it is absolutely necessary to colour them in this manner; but where they can be made to look brown by using ketchup, wine, browned flour, tomatoes, or any colour sauce, it is far preferable. As, however, in cooking, so much depends on appearance, perhaps it would be as well for the inexperienced cook to use the artificial means (No. 5). When no browning is at hand, and the colour of the gravy is to be heightened, dissolve a lump of sugar in an iron spoon over a sharp fire; when it is in a liquid state, drop it into the sauce or gravy quite hot. Care, however, must be taken not to put in too much, as it would impart a very disagreeable flavour.

## 93.—A GOOD BEEF GRAVY FOR POULTRY, GAME, &c.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of lean beef, 1 pint of cold water, 1 shalot or small onion,  $\frac{1}{2}$  a teaspoonful of salt, a little pepper, 1 tablespoonful of Harvey's sauce or mushroom ketchup,  $\frac{1}{2}$  a teaspoonful of arrowroot.

**Mode.**—Cut up the beef into small pieces, and put it, with the water, into a stewpan. Add the shalot and seasoning, and simmer gently for 3 hours, taking care that it does not boil fast. A short time before it is required, take the arrowroot, and having mixed it with a little cold water, pour it into the gravy, which keep stirring, adding the Harvey's sauce, and just letting it boil. Strain off the gravy in a tureen, and serve very hot.

*Time*, 3 hours. *Average cost*, 8d. per pint.

## 94.—BROWN GRAVY.

**INGREDIENTS.**—2 oz. of butter, 2 large onions, 2 lbs. of shin of beef, 2 small slices of lean bacon (if at hand), salt and whole pepper to taste, 3 cloves, 2 quarts of water. For thickening, 2 oz. of butter, 3 oz. of flour.

**Mode.**—Put the butter into a stewpan; set this on the fire, throw in the onions cut in rings, and fry them a light brown; then add the beef and bacon, which should be cut into small square pieces; season, and pour in a teacupful of water; let it boil for about 10 minutes, or until it is of a nice brown colour, occasionally stirring the contents. Now fill up with water in the above proportion; let it boil up, when draw it to the side of the fire to simmer very gently for 1 $\frac{1}{2}$  hour; strain, and when cold, take off all the fat. In thickening this gravy, melt 3 oz. of butter in a stewpan, add 2 oz. of flour, and stir till of a light-brown colour; when cold, add it to the strained gravy, and boil it up quickly. This thickening may be made in larger quantities, and kept in a glass jar for use when wanted.

*Time*, altogether, 2 hours. *Average cost*,

## 95.—BROWN GRAVY WITHOUT MEAT.

**INGREDIENTS.**—2 large onions, 1 large carrot, 2 oz. of butter, 3 pints of boiling water, 1 bunch of savoury herbs, a wineglassful of good beer; salt and pepper to taste.

**Mode.**—Slice, flour, and fry the onions and carrots in the butter until of a nice light-brown colour; then add the boiling water and the remaining ingredients; let the whole stew gently for about an hour; then strain, and when cold, skim off all the fat. Thicken it in the same manner as recipe No. 94, and, if thought necessary, add a few drops of colouring No. 5.

*Time*, 1 hour. *Average cost*, 2d. per pint.

*Note.*—The addition of a small quantity of mushroom ketchup or Harvey's sauce very much improves the flavour of this gravy.

## 96.—A QUICKLY-MADE GRAVY.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of skin of beef,  $\frac{1}{2}$  onion,  $\frac{1}{2}$  carrot, 2 or 3 sprigs of parsley and savoury herbs, a piece of butter about the size of a walnut; cayenne and mace to taste,  $\frac{1}{2}$  pint of water.

**Mode.**—Cut up the meat into very small pieces; slice the onion and carrot, and put them into a small saucepan with the butter. Keep stirring over a sharp fire until they have taken a little colour, when add the water and the remaining ingredients. Simmer for  $\frac{1}{2}$  hour, skim well, strain and flavour, when it will be ready for use.

*Time*,  $\frac{1}{2}$  hour. *Average cost*, for this quantity, 5d.

## 97.—A CHEAP GRAVY FOR HASHES, &amp;c.

**INGREDIENTS.**—Bones and trimmings of the cooked joint intended for hashing,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of whole pepper,  $\frac{1}{2}$  teaspoonful of whole allspice, a small faggot of savoury herbs,  $\frac{1}{2}$  head of celery, 1 carrot, 1 onion, 1 oz. of butter, thickening, sufficient boiling water to cover the bones.

**Mode.**—Chop the bones in small pieces, and put them in a stewpan, with the trimmings, salt, pepper, spice, herbs, and vegetables. Cover with boiling water, and let the whole simmer gently for  $1\frac{1}{2}$  or 2 hours. Slice and fry the onion in the butter till it is of a pale brown, and mix it gradually with the gravy made from the bones; boil for  $\frac{1}{4}$  hour, and strain into a basin; now put it back into the stewpan; flavour with walnut pickle or ketchup, pickled-onion liquor, or any store sauce that may be preferred. Thicken with a little butter and flour kneaded together on a plate, and the gravy will be ready for use. After the thickening is added, the gravy should just boil, to take off the rawness of the flour.

*Time*, 2 hours, or rather more. *Average cost*, 4d., exclusive of the bones and trimmings.

## 98.—CHEAP GRAVY FOR MINCED MEAT.

**INGREDIENTS.**—Bones and trimmings of cold roast or boiled veal,  $1\frac{1}{2}$  pint of water, 1 onion,  $\frac{1}{2}$  teaspoonful of minced lemon-peel,  $\frac{1}{2}$  teaspoonful of salt, 1 blade of pounded mace, the juice of  $\frac{1}{2}$  lemon; thickening of butter and flour.

**Mode.**—Put all the ingredients into a stewpan, except the thickening and

lemon-juice, and let them simmer very gently for rather more than one hour, or until the liquor is reduced to a pint, when strain through a hair-sieve. Add a thickening of butter and flour, and the lemon-juice; set it on the fire, and let it just boil up, when it will be ready for use. It may be flavoured with a little tomato sauce, and, where a rather dark-coloured gravy is not objected to, ketchup, or Harvey's sauce, may be added at pleasure.

*Time*, rather more than 1 hour. *Average cost*, 3d.

### 99.—JUGGED GRAVY (Excellent).

**INGREDIENTS.**—2 lbs. of shin of beef,  $\frac{1}{2}$  lb. of lean ham, 1 onion or a few shallots, 2 pints of water, salt and whole pepper to taste, 1 blade of mace, a faggot of savoury herbs,  $\frac{1}{2}$  a large carrot,  $\frac{1}{2}$  a head of celery.

**Mode.**—Cut up the beef and ham into small pieces, and slice the vegetables; take a jar, capable of holding two pints of water, and arrange therein, in layers, the ham, meat, vegetables, and seasoning, alternately, filling up with the above quantity of water; tie down the jar, or put a plate over the top, so that the steam may not escape; place it in the oven, and let it remain there from 6 to 8 hours; should, however, the oven be very hot, less time will be required. When sufficiently cooked, strain the gravy, allow it to cool, and remove the fat. It may be flavoured with ketchup, wines, or any other store sauce that may be preferred. It is a good plan to put the jar in a cool oven over-night, to draw the gravy; and then it will not require so long baking the following day.

*Time*, from 6 to 8 hours, according to the oven. *Average cost*, 7d. per pint.

### 100.—FORCEMEAT FOR VEAL, TURKEYS, FOWLS, HARE, &c.

**INGREDIENTS.**—2 oz. of ham or lean bacon,  $\frac{1}{2}$  lb. of suet, the rind of half a lemon, 1 teaspoonful of minced parsley, 1 teaspoonful of minced sweet herbs; salt, cayenne, and pounded mace to taste; 6 oz. of bread crumbs, 2 eggs.

**Mode.**—Shred the ham or bacon, chop the suet, lemon-peel, and herbs, taking particular care that all be very finely minced; add a seasoning to taste, of salt, cayenne, and mace, and blend all thoroughly together with the bread crumbs, before wetting. Now beat and strain the eggs; work these up with the other ingredients, and the forcemeat will be ready for use. When it is made into balls, fry of a nice brown, in boiling lard, or put them on a tin and bake for  $\frac{1}{2}$  hour in a moderate oven. As we have stated before, no one flavour should predominate greatly, and the forcemeat should be of sufficient body to cut with a knife, and yet not dry and heavy. For very delicate forcemeat, it is advisable to pound the ingredients together before binding with the egg; but, for ordinary cooking, mincing very finely answers the purpose.

*Average cost*, 8d. Sufficient for a turkey, a moderate-sized fillet of veal, or a hare.

### 101.—SAGE-AND-ONION STUFFING, for Geese, Ducks, and Pork.

**INGREDIENTS.**—4 large onions, 10 sage-leaves,  $\frac{1}{2}$  lb. of bread crumbs, 1  $\frac{1}{2}$  oz. of butter, salt and pepper to taste, 1 egg.

*Mode*.—Peel the onions, put them into boiling water, let them simmer for 5 minutes, or rather longer, and, just before they are taken out, put in the sage-leaves for a minute or two to take off their rawness. Chop both these very fine, add the bread, seasoning, and butter, and work the whole together with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and the sage-leaves should be very finely chopped. Many cooks do not parboil the onions in the manner just stated, but merely use them raw. The stuffing then, however, is not nearly so mild, and, to many tastes, its strong flavour is very objectionable. When made for goose, a portion of the liver of the bird, simmered for a few minutes and very finely minced, is frequently added to this stuffing; and, where economy is studied, the egg may be dispensed with.

*Time*, rather more than 5 minutes to simmer the onions. *Average cost for this quantity*, 4d. *Sufficient for 1 goose, or a pair of ducks.*

### 102.—PICKLED RED CABBAGE.

**INGREDIENTS**.—Red cabbages, salt and water; to each quart of vinegar,  $\frac{1}{2}$  oz. of ginger well bruised, 1 oz. of whole black pepper, and, when liked, a little cayenne.

*Mode*.—Take off the outside decayed leaves of a nice red cabbage, cut it in quarters, remove the stalks, and cut it across in very thin slices. Lay these on a dish, and strew them plentifully with salt, covering them with another dish. Let them remain for 24 hours; turn into a colander to drain, and, if necessary, wipe lightly with a clean soft cloth. Put them in a jar; boil up the vinegar with spices in the above proportion, and, when cold, pour it over the cabbage. It will be fit for use in a week or two, as, if kept for a very long time, the cabbage is liable to get soft and to discolour. To be really nice and crisp, and of a good red colour, it should be eaten almost immediately after it is made. A little bruised cochineal boiled with the vinegar adds much to the appearance of this pickle. Tie down with bladder, and keep in a dry place.

*Seasonable* in July and August; but the pickle will be much more crisp if the frost has just touched the leaves.

### 103.—LEAMINGTON SAUCE (an Excellent Sauce for Flavouring Gravies, Hashes, Soups, &c.).

(*Author's Recipe.*)

**INGREDIENTS**.—Walnuts. To each quart of walnut-juice allow 3 quarts of vinegar, 1 pint of Indian soy, 1 oz. of cayenne, 2 oz. of shalots,  $\frac{3}{4}$  oz. of garlic,  $\frac{1}{2}$  pint of port wine.

*Mode*.—Be very particular in choosing the walnuts as soon as they appear in the market; for they are more easily bruised before they become hard and shelled. Pound them well in a mortar, strew some salt over them, and let them remain thus for two or three days, occasionally stirring and moving them about. Press out the juice, and to each quart of walnut-liquor allow the above proportion of vinegar, soy, cayenne, shalots, garlic, and port wine. Pound each dry ingredient separately in a mortar, then mix them well

together, and store away for use in small bottles. The corks should be well sealed.

*Seasonable.*—This sauce should be made as soon as walnuts are obtainable, from the beginning to the middle of July.

#### 104.—BENGAL RECIPE FOR MAKING MANGO CHETNEY.

**INGREDIENTS.**— $1\frac{1}{2}$  lb. of moist sugar,  $\frac{3}{4}$  lb. of salt,  $\frac{1}{4}$  lb. of garlic,  $\frac{1}{4}$  lb. of onions,  $\frac{3}{4}$  lb. of powdered ginger,  $\frac{1}{4}$  lb. of dried chilies,  $\frac{3}{4}$  lb. of mustard-seed,  $\frac{3}{4}$  lb. of stoned raisins, 2 bottles of best vinegar, 30 large unripe sour apples.

*Mode.*—The sugar must be made into syrup; the garlic, onions, and ginger be finely pounded in a mortar; the mustard-seed be washed in cold vinegar, and dried in the sun; the apples be peeled, cored, and sliced, and boiled in a bottle and a half of vinegar. When all this is done, and the apples are quite cold, put them into a large pan, and gradually mix the rest of the ingredients, including the remaining half-bottle of vinegar. It must be well stirred until the whole is thoroughly blended, and then put into bottles for use. Tie a piece of wet bladder over the mouths of the bottles, after they are well corked. This chetney is very superior to any which can be bought, and one trial will prove it to be delicious.

*Note.*—This recipe was given by a native to an English lady, who had long been a resident in India, and who, since her return to her native country, has become quite celebrated amongst her friends for the excellence of this Eastern relish.

#### 105.—HOW TO MIX MUSTARD.

**INGREDIENTS.**—*Mustard, salt, and water.*

*Mode.*—Mustard should be mixed with water that has been boiled and allowed to cool; hot water destroys its essential properties, and raw cold water might cause it to ferment. Put the mustard in a cup, with a small pinch of salt, and mix with it very gradually sufficient boiled water to make it drop from the spoon without being watery. Stir and mix well, and rub the lumps well down with the back of a spoon, as mustard properly mixed should be perfectly free from these. The mustard-pot should not be more than half full, or rather less, if it will not be used in a day or two, as the mustard is so much better when freshly made.

#### 106.—PICKLED NASTURTIUMS (a very good Substitute for Capers).

**INGREDIENTS.**—*To each pint of vinegar 1 oz. of salt, 6 peppercorns, nasturtiums.*

*Mode.*—Gather the nasturtium-pods on a dry day, and wipe them clean with a cloth; put them in a dry glass bottle, with vinegar, salt, and pepper in the above proportion. If you cannot find enough ripe to fill a bottle, cork up what you have got until you have some more fit: they may be added from day to day. Bung up the bottles, and seal or rosin the tops. They will be fit for use in 10 or 12 months; and the best way is to make them one season for the next.

*Seasonable.*—Look for nasturtium-pods from the end of July to the end of August.

### 107.—PICKLED ONIONS (a very Simple Method, and exceedingly Good).

**INGREDIENTS.**—*Pickling onions; to each quart of vinegar, 2 teaspoonfuls of allspice, 2 teaspoonfuls of whole black pepper.*

**Mode.**—Have the onions gathered when quite dry and ripe, and, with the fingers, take off the thin outside skin; then, with a silver knife (steel should not be used, as it spoils the colour of the onions), remove one more skin, when the onion will look quite clear. Have ready some very dry bottles or jars, and as fast as the onions are peeled, put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking care that each jar has its share of the latter ingredients. Tie down with bladder, and put them in a dry place, and in a fortnight they will be fit for use. This is a most simple recipe and very delicious, the onions being nice and crisp. They should be eaten within 6 or 8 months after being done, as the onions are liable to become soft.

*Seasonable from the middle of July to the end of August.*

### 108.—MIXED PICKLE.

(*Very Good.*)

**INGREDIENTS.**—*To each gallon of vinegar allow  $\frac{1}{2}$  lb. of bruised ginger,  $\frac{1}{2}$  lb. of mustard,  $\frac{1}{2}$  lb. of salt, 2 oz. of mustard-seed,  $1\frac{1}{2}$  oz. of turmeric, 1 oz. of ground black pepper,  $\frac{1}{2}$  oz. of cayenne, cauliflowers, onions, celery, sliced cucumbers, gherkins, French beans, nasturtiums, capsicums.*

**Mode.**—Have a large jar, with a tightly-fitting lid, in which put as much vinegar as is required, reserving a little to mix the various powders to a smooth paste. Put into a basin the mustard, turmeric, pepper, and cayenne; mix them with vinegar, and stir well until no lumps remain; add all the ingredients to the vinegar, and mix well. Keep this liquor in a warm place, and thoroughly stir every morning for a month with a wooden spoon, when it will be ready for the different vegetables to be added to it. As these come into season, have them gathered on a dry day, and, after merely wiping them with a cloth, to free them from moisture, put them into the pickle. The cauliflowers, it may be said, must be divided into small bunches. Put all these into the pickle raw, and at the end of the season, when there have been added as many of the vegetables as could be procured, store it away in jars, and tie over with bladder. As none of the ingredients are boiled, this pickle will not be fit to eat till 12 months have elapsed. Whilst the pickle is being made, keep a wooden spoon tied to the jar; and its contents, it may be repeated, must be stirred every morning.

**Seasonable.**—Make the pickle-liquor in May or June, to be ready as the season arrives for the various vegetables to be picked.

### 109.—SALAD DRESSING (Excellent).

I.

**INGREDIENTS.**—*1 teaspoonful of mixed mustard, 1 teaspoonful of pounded*



*sugar, 2 tablespoonfuls of salad oil, 4 tablespoonfuls of milk, 2 tablespoonfuls of vinegar, cayenne and salt to taste.*

*Mode.*—Put the mixed mustard into a salad-bowl with the sugar, and add the oil drop by drop, carefully stirring and mixing all these ingredients well together. Proceed in this manner with the milk and vinegar, which must be added very gradually, or the sauce will curdle. Put in the seasoning, when the mixture will be ready for use. If this dressing is properly made, it will have a soft creamy appearance, and will be found very delicious with crab, or cold fried fish (the latter cut into dice), as well as with salads. In mixing salad dressings, the ingredients cannot be added too gradually, or stirred too much.

*Average cost, for this quantity, 3d. Sufficient for a small salad.*

This recipe can be confidently recommended by the editress, to whom it was given by an intimate friend noted for her salads.

## II.

**INGREDIENTS.**—4 eggs, 1 teaspoonful of mixed mustard,  $\frac{1}{2}$  teaspoonful of white pepper, half that quantity of cayenne, salt to taste, 4 tablespoonfuls of cream, equal quantities of oil and vinegar.

*Mode.*—Boil the eggs until hard, which will be in about  $\frac{1}{2}$  hour or 20 minutes; put them into cold water, take off the shells, and pound the yolks in a mortar to a smooth paste. Then add all the other ingredients, except the vinegar, and stir them well until the whole are thoroughly incorporated one with the other. Pour in sufficient vinegar to make it of the consistency of cream, taking care to add but little at a time. The mixture will then be ready for use.

*Average cost, for this quantity, 7d. Sufficient for a moderate-sized salad.*

*Note.*—The whites of the eggs, cut into rings, will serve very well as a garnishing to the salad.

*Note.*—In making salads, the vegetables, &c., should never be added to the sauce very long before they are wanted for table; the dressing, however, may always be prepared some hours before required. Where salads are much in request, it is a good plan to bottle off sufficient dressing for a few days' consumption, as, thereby, much time and trouble are saved. If kept in a cool place, it will remain good for 4 or 5 days.

## 110.—PICKLED WALNUTS (very Good).

**INGREDIENTS.**—100 walnuts, salt and water. To each quart of vinegar allow 2 oz. of whole black pepper, 1 oz. of allspice, 1 oz. of bruised ginger.

*Mode.*—Procure the walnuts while young; be careful they are not woody, and prick them well with a fork; prepare a strong brine of salt and water (4 lbs. of salt to each gallon of water), into which put the walnuts, letting them remain 9 days, and changing the brine every third day; drain them off, put them on a dish, and place it in the sun until they become perfectly black, which will be in 2 or 3 days; have ready dry jars, into which place the walnuts, and do not quite fill the jars. Boil sufficient vinegar to cover them, for 10 minutes, with spices in the above proportion, and pour it hot over the walnuts, which must be quite covered with the pickle; tie down with bladder, and

keep in a dry place. They will be fit for use in a month, and will keep good 2 or 3 years.

*Time*, 10 minutes. *Seasonable*,—make this from the beginning to the middle of July, before the walnuts harden.

*Note*.—When liked, a few shallots may be added to the vinegar, and boiled with it.

## BEEF, AND COLD-BEEF COOKERY.

### III.—BOILED AITCH-BONE OF BEEF.

**INGREDIENTS.**—*Beef, water.*

*Mode*.—After this joint has been in salt 5 or 6 days, it will be ready for use, and will not take so long boiling as a round, for it is not so solid. Wash the meat, and, if too salt, soak it for a few hours, changing the water once or twice, till the required freshness is obtained. Put into a saucepan, or boiling-pot, sufficient water to cover the meat; set it over the fire, and when it boils, plunge in the joint and let it boil up quickly. Now draw the pot to the side of the fire, and there let it remain until the water is sufficiently cooled that the finger may be borne in it. Then draw the pot nearer the fire, and keep the water gently simmering until the meat is done, or it will be hard and tough if rapidly boiled. Carefully remove the scum from the surface of the water, and continue doing this for a few minutes after it first boils. Carrots and turnips are served with this dish, and sometimes suet dumplings, all of which may be boiled with the beef. Garnish with a few of the carrots and turnips, and serve the remainder as a vegetable-dish.



AITCH-BONE OF BEEF.

*Time*, an aitch-bone of 10 lbs., 2½ hours after the water boils; one of 20 lbs., 4 hours. *Average cost*, 8½d. per lb. *Sufficient*, 10 lbs. for 7 or 8 persons. *Seasonable* all the year, but best from September to March.

*Note*.—The liquor in which the meat has been boiled may be easily converted into a very excellent pea-soup. It will require but few vegetables, as it will be impregnated with the flavour of those boiled with the meat.

### 112.—BEEF or RUMP-STEAK PIE:

**INGREDIENTS.**—*For a large pie 3 lbs., for a small one 1½ to 2 lbs. of rump-steak; seasoning to taste of salt, cayenne, and black pepper; crust, water, the yolk of an egg.*

*Mode*.—Have the steaks cut from a rump that has hung a few days, that they may be tender, and be particular that every portion is perfectly sweet. Cut the steaks into pieces about 3 inches long and 2 wide, allowing a small

piece of fat to each piece of lean, and arrange the meat in layers in a pie-dish. Between each layer sprinkle a seasoning of salt, pepper, and, when liked, a few grains of cayenne. Fill the dish sufficiently with meat to sup-



BEEF-STEAK PIE.

port the crust, to give it a nice raised appearance when baked, and not to look flat and hollow. Pour in sufficient water to half fill the dish, and border it with paste; brush it over with a little water, and put on the cover; slightly press down the edges with the thumb, and trim the paste off close to the dish. Ornament the pie with leaves, or pieces of paste cut in any shape that fancy may direct; brush it over with the beaten yolk of an egg; make a hole in the top of the crust, and bake in a hot oven for about  $1\frac{1}{2}$  hour, or rather more if the pie be very large.

*Time*, in a hot oven,  $1\frac{1}{2}$  hour. *Average cost*, for the large pie, 4s. 0d. *Sufficient* for 6 or 8 persons. *Seasonable* at any time.

*Note*.—Beef-steak pies may be flavoured in various ways, with oysters and their liquor, mushrooms, minced onions, &c. For family pies, suet may be used instead of butter or lard for the crust, and clarified beef-dripping answers very well where economy is an object. Pieces of underdone roast or boiled meat may in pies be used very advantageously; but always remove the bone from pie-meat, unless it be chicken or game. We have directed that the meat shall be cut smaller than is usually the case; for on trial we have found it much more tender, more easily helped, and with more gravy, than when put into the dish in one or two large steaks.

### 113.—TO CLARIFY BEEF DRIPPING.

#### L

Good and fresh dripping answers very well for basting everything except game and poultry, and, when well clarified, serves for frying nearly as well as lard; it should be kept in a cool place, and will remain good some time. To clarify it, put the dripping into a basin, pour over it boiling water, and keep stirring the whole to wash away the impurities. Let it stand to cool, when the water and dirty sediment will settle at the bottom of the basin. Remove the dripping, and put it away in jars or basins for use.

#### ANOTHER WAY.

Put the dripping into a clean saucepan, and let it boil for a few minutes over a slow fire, and be careful to skim it well. Let it stand to cool a little, then strain it through a piece of muslin into jars for use. Beef dripping is preferable to any other for cooking purposes, as, with mutton dripping, there is liable to be a tallowy taste and smell.

### 114.—BROILED BEEF-STEAKS OR RUMP-STEAKS.

*INGREDIENTS*.—*Steaks*, a piece of butter the size of a walnut, salt to taste, 1 tablespoonful of good mushroom ketchup or Harvey's sauce.

*Mode*.—As the success of a good broil so much depends on the state of the fire, see that it is bright and clear, and perfectly free from smoke; and do not add any fresh fuel just before the gridiron is to be used. Sprinkle a little salt over the fire, put on the gridiron for a few minutes, to get

thoroughly hot through ; rub it with a piece of fresh suet, to prevent the meat from sticking, and lay on the steaks, which should be cut of an equal thickness, about  $\frac{3}{4}$  of an inch, or rather thinner, and level them by beating them (as little as possible) with a rolling-pin. Turn them frequently with steak-tongs (if these are not at hand, stick a fork in the edge of the fat, that no gravy escapes), and in from 8 to 10 minutes the steaks will be done. Have ready a very hot dish, into which put the ketchup, and, when liked, a little minced shallot ; dish up the steaks, rub them over with butter, and season with pepper and salt. The exact time for broiling steaks must be determined by taste, whether they are liked underdone or well-done : more than from 8 to 10 minutes for a steak  $\frac{3}{4}$  inch in thickness, we think, would spoil and dry up the juices of the meat. Great expedition is necessary in sending broiled steaks to table ; and, to have them in perfection, they should not be cooked till everything else prepared for dinner has been dished up, as their excellence entirely depends on their being served up hot. They may be garnished with scraped horse-radish, or slices of cucumber. Oyster, tomato, onion, and many other sauces, are frequent accompaniments to rump-steak, but true lovers of this English dish generally reject all additions but pepper, salt, and a tiny piece of butter.

*Time*, 8 to 10 minutes. *Average cost*, 1s. per lb. *Sufficient*.—Allow  $\frac{1}{2}$  lb. to each person ; if the party consist entirely of gentlemen,  $\frac{3}{4}$  lb. will not be too much. *Seasonable* all the year, but not so good in the height of summer, as the meat cannot hang long enough to be tender.

### 115.—BEEF or RUMP STEAK AND KIDNEY PUDDING.

**INGREDIENTS.**—2 lbs. of rump-steak, 2 kidneys, seasoning to taste of salt and black pepper, suet crust made with milk, in the proportion of 6 os. of suet to each 1 lb. of flour.

**Mode.**—Procure some tender rump-steak (that which has been hung a little time) ; divide it into pieces about an inch square, and cut each kidney into 8 pieces. Line the dish (of which we have given an engraving) with crust made with suet and flour in the above proportion, leaving a small piece of crust to overlap the edge. Then cover the bottom with a portion of the steak and a few pieces of kidney ; season with salt and pepper (some add a little flour to thicken the gravy, but it is not necessary), and then add another layer of steak, kidney, and seasoning. Proceed in this manner till the dish is full, when pour in sufficient water to come within 2 inches of the top of the basin. Moisten the edges of the crust, cover the pudding over, press the two crusts together, that the gravy may not escape, and turn up the overhanging paste. Wring out a cloth in hot water, flour it, and tie up the pudding ; put it into boiling water, and let it boil for at least 4 hours. If the water diminishes, always replenish with some, hot in a jug, as the pudding should be kept covered all the time, and not allowed to stop boiling. When the cloth is removed, cut out a round piece in the top of the crust, to prevent the pudding bursting,



KIDNEY PUDDING-DISH.

ing form, and bind it with tape to keep the skewers in their places. Put it in a saucepan of boiling water, as in recipe No. 111, set it upon a good fire, and when it begins to boil, carefully remove all scum from the surface, as, if this is not attended to, it sinks on to the meat, and when brought to table, presents a very unsightly appearance. When it is well skimmed, draw the pot to the corner of the fire, and let it simmer very gently until done. Remove the tape and skewers, which should be replaced by a silver one; pour over a little of the pot-liquor, and garnish with carrots. Carrots, turnips, parsnips, and sometimes suet dumplings, accompany this dish; and these may all be boiled with the beef. The pot-liquor should be saved, and converted into pea-soup; and the outside slices, which are generally hard, and of an uninviting appearance, may be cut off before being sent to table, and potted. These make an excellent relish for the breakfast or luncheon table.

*Time*, part of a round of beef weighing 12 lbs., about 3 hours after the water boils. *Average cost*, 8½d. per lb. *Sufficient* for 10 persons. *Seasonable* all the year, but more suitable for winter.

### 119.—FRIED RUMP-STEAK.

**INGREDIENTS.**—*Steaks, butter or clarified dripping.*

*Mode.*—Although broiling is a far superior method of cooking steaks to frying them, yet, when the cook is not very expert, the latter mode may be adopted; and, when properly done, the dish may really look very inviting and the flavour be good. The steaks should be cut rather thinner than for broiling, and with a small quantity of fat to each. Put some butter or clarified dripping into a frying-pan; let it get quite hot, then lay in the steaks. Turn them frequently until done, which will be in about 8 minutes, or rather more, should the steaks be very thick. Serve on a very hot dish, in which put a small piece of butter and a tablespoonful of ketchup, and season with pepper and salt. They should be sent to table quickly, as, when cold, the steaks are entirely spoiled.

*Time*, 8 minutes for a medium-sized steak, rather longer for a very thick one. *Average cost*, 1s. per lb. *Seasonable* all the year, but not good in summer, as the meat cannot hang to get tender.

*Note.*—Where much gravy is liked, make it in the following manner:—As soon as the steaks are done, dish them, pour a little boiling water into the frying-pan, add a seasoning of pepper and salt, a small piece of butter, and a tablespoonful of Harvey's sauce or mushroom ketchup. Hold the pan over the fire for a minute or two, just let the gravy simmer, then pour on the steak, and serve.

### 120.—STEWED OX-CHEEK.

**INGREDIENTS.**—1 cheek, salt and water, 4 or 5 onions, butter and flour, 6 cloves, 3 turnips, 2 carrots, 1 bay-leaf, 1 head of celery, 1 bunch of savoury herbs, cayenne, black pepper, and salt to taste, 1 oz. of butter, 2 dessertspoonfuls of flour, 2 tablespoonfuls of Chili vinegar, 2 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of port wine, 2 tablespoonfuls of Harvey's sauce.

*Mode.*—Have the cheek boned, and prepare it the day before it is to be

eaten, by cleaning and putting it to soak all night in salt and water. The next day, wipe it dry and clean, and put it into a stewpan. Just cover it with water, skim well when it boils, and let it gently simmer till the meat is nearly tender. Slice and fry 3 onions in a little butter and flour, and put them into the gravy; add 2 whole onions, each stuck with 3 cloves, 3 turnips quartered, 2 carrots sliced, a bay-leaf, 1 head of celery, a bunch of herbs, and seasoning to taste of cayenne, black pepper, and salt. Let these stew till perfectly tender; then take out the cheek, divide into pieces fit to help at table, skin and strain the *gravy*, and thicken  $1\frac{1}{2}$  pint of it with butter and flour in the above proportions. Add the vinegar, ketchup, and port wine; put in the pieces of cheek; let the whole boil up, and serve quite hot. Send it to table in a ragout-dish. If the colour of the *gravy* should not be very good, add a tablespoonful of browning.

*Time*, 4 hours. *Average cost*, 4d. per lb. *Sufficient* for 8 persons. *Seasonable* at any time.

### 121.—STEWED OX-TAILS.

**INGREDIENTS.**—2 ox-tails, 1 onion, 3 cloves, 1 blade of mace,  $\frac{1}{2}$  teaspoonful of whole black pepper,  $\frac{1}{2}$  teaspoonful of allspice,  $\frac{1}{2}$  teaspoonful of salt, a small bunch of savoury herbs, thickening of butter and flour, 1 tablespoonful of lemon-juice, 1 teaspoonful of mushroom ketchup.

*Mode.*—Divide the tails at the joints; wash, and put them into a stewpan with sufficient water to cover them, and set them on the fire; when the water boils, remove the scum, and add the onion cut into rings, the spice, seasoning, and herbs. Cover the stewpan closely, and let the tails simmer very gently until tender, which will be in about  $2\frac{1}{2}$  hours. Take them out, make a thickening of butter and flour, add it to the *gravy*, and let it boil for  $\frac{1}{4}$  hour. Strain it through a sieve into a saucepan, put back the tails, add the lemon-juice and ketchup; let the whole just boil up, and serve. Garnish with croûtons or sippets of toasted bread.

*Time*,  $2\frac{1}{2}$  hours to stew the tails. *Average cost*, 9d. to 2s. 6d., according to the season. *Sufficient* for 8 persons. *Seasonable* all the year.

### 122.—POTTED BEEF.

**INGREDIENTS.**—2 lbs. of lean beef, 1 tablespoonful of water,  $\frac{1}{2}$  lb. of butter, a seasoning to taste of salt, cayenne, pounded mace, and black pepper.

- 1.—Procure a nice piece of lean beef, as free as possible from gristle, skin, &c., and put it into a jar (if at hand, one with a lid) with 1 tablespoonful of water. Cover it closely, and put the jar into a saucepan of boiling water, letting the water come within 2 inches of the top of the jar. Boil gently for  $3\frac{1}{2}$  hours; then take the beef, chop it very small with a chopping-knife, and pound it thoroughly in a mortar. Mix



PUTTING-JAR.

with it by degrees all, or a portion, of the *gravy* that will have run from it, and a little clarified butter; add the seasoning, put it in small pots for use, and cover with a little butter just warmed and poured over. If *each* *gravy* is

added to it, it will keep but a short time; on the contrary, if a large proportion of butter is used, it may be preserved for some time.

*Time*, 3½ hours. *Average cost*, for this quantity, 2s. 0d. *Seasonable* at any time.

### 123.—ROAST RIBS OF BEEF.

**INGREDIENTS.**—*Beef, a little salt.*

*Mode.*—The fore-rib is considered the primest roasting piece, but the middle rib is considered the most economical. Let the meat be well hung (should the weather permit), and cut off the thin ends of the bones, which should be salted for a few days, and then boiled. Put the meat down to a nice clear fire, with some clean dripping in the pan; dredge the joint with a little flour, and keep continually basting the whole time it is cooking. Sprinkle some fine salt over it (this must never be done until the joint is dished, as it draws the juices from the meat); pour the dripping from the pan, put in a little boiling water slightly salted, and strain the gravy over the meat. Garnish with tufts of scraped horseradish, and send horseradish sauce to table with it. A Yorkshire pudding sometimes accompanies this dish, and, if lightly made and well cooked, will be found a very agreeable addition.

*Time*, 10 lbs. of beef, 2½ hours; 14 to 16 lbs., from 3½ to 4 hours. *Average cost*, 8½d. per lb. *Sufficient*, a joint of 10 lbs. sufficient for 8 or 9 persons. *Seasonable* at any time.

### 124.—ROAST RIBS OF BEEF, Boned and Rolled (a very Convenient Joint for a Small Family).

**INGREDIENTS.**—1 or 2 ribs of beef.

*Mode.*—Choose a fine rib of beef, and have it cut according to the weight that is required, either wide or narrow. Bone and roll the meat round, secure it with wooden skewers, and, if necessary, bind it round with a piece of tape; put the joint on the hook, and place it near a nice clear fire. Let it remain so till the outside of the meat is set, when draw it to a distance, and keep continually basting until the meat is done, which can be ascertained by the steam from it drawing towards the fire. As this joint is solid, rather more than ½ hour must be allowed for each lb. Remove the skewers, put in a plated or silver one, and send the joint to table with gravy in the dish, and garnish with tufts of horseradish. Horseradish sauce is a great improvement to roast beef.

*Time*, for 10 lbs. of the rolled ribs, 3 hours (as the joint is very solid, we have allowed an extra ½ hour); for 6 lbs., 1½ hour. *Average cost*, 8½d. per lb. *Sufficient*, a joint of 10 lbs. for 6 or 8 persons. *Seasonable* all the year.

*Note.*—When the weight exceeds 10 lbs., we would not advise the above method of boning and rolling; only in the case of 1 or 2 ribs, when the joint cannot stand upright in the dish, and would look awkward. The bones should be put on with a few vegetables and herbs, and made into stock.

### 125.—ROAST SIRLOIN OF BEEF.

**INGREDIENTS.**—*Beef, a little salt.*

*Mode.*—A joint cannot be properly roasted without a good fire, see that

it is well made up about  $\frac{1}{2}$  hour before it is required, so that when the joint is put down, it is clear and bright. Choose a nice sirloin, the weight of which should not exceed 16 lbs., as the outside would be too much done, whilst the



ROAST SIRLOIN OF BEEF.

inside would not be done enough. Spit it or hook it on to the jack firmly, dredge it slightly with flour, and place it near the fire at first, as directed in the preceding recipe. Then draw it to a distance, and keep continually basting until the meat is done. Sprinkle a small quantity of salt over it, empty the dripping-pan of all the dripping, pour in some boiling water slightly salted, stir it about, and strain over the meat. Garnish with tufts of horseradish, and send horseradish sauce and Yorkshire pudding to table with it.

*Time*, a sirloin of 10 lbs.,  $2\frac{1}{2}$  hours; 14 to 16 lbs., about 4 or  $4\frac{1}{2}$  hours. *Average cost*,  $9\frac{1}{2}$ d. per lb. *Sufficient*, a joint of 10 lbs. for 8 or 9 persons. *Seasonable* at any time.

The rump, round, and other pieces of beef are roasted in the same manner, allowing for solid joints  $\frac{1}{2}$  hour to every lb.

#### 126.—STEWED BEEF or RUMP STEAK (an Entree).

**INGREDIENTS.**—About 2 lbs. of beef or rump steak, 3 onions, 2 turnips, 3 carrots, 2 or 3 oz. of butter,  $\frac{1}{2}$  pint of water, 1 teaspoonful of salt,  $\frac{1}{2}$  do. of pepper, 1 tablespoonful of ketchup, 1 tablespoonful of flour.

*Mode.*—Have the steaks cut tolerably thick and rather lean; divide them into convenient-sized pieces, and fry them in the butter a nice brown on both sides. Cleanse and pare the vegetables, cut the onions and carrots into thin slices, and the turnips into dice, and fry these in the same fat that the steaks were done in. Put all into a saucepan, add  $\frac{1}{2}$  pint of water, or rather more should it be necessary, and simmer very gently for  $2\frac{1}{2}$  or 3 hours; when nearly done, skim well, add salt, pepper, and ketchup in the above proportions, and thicken with a tablespoonful of flour mixed with 2 of cold water. Let it boil up for a minute or two after the thickening is added, and serve. When a vegetable-scoop is at hand, use it to cut the vegetables in fanciful shapes, and tomato, Harvey's sauce, or walnut-liquor, may be used to flavour the gravy. It is less rich if stewed the previous day, so that the fat may be taken off when cold: when wanted for table, it will merely require warming through.

*Time*, 3 hours. *Average cost*, 1s. per lb. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

#### 127.—TOAD-IN-THE-HOLE (a Homely but Savoury Dish).

**INGREDIENTS.**— $1\frac{1}{2}$  lb. of rump-steak, 1 sheep's kidney, pepper and salt to taste. For the batter, 3 eggs, 1 pint of milk, 4 tablespoonfuls of flour,  $\frac{1}{2}$  salt-spoonful of salt.

*Mode.*—Cut up the steak and kidney into convenient-sized pieces, and put them into a pie-dish, with a good seasoning of salt and pepper; mix the flour



with a small quantity of milk at first, to prevent its being lumpy; add the remainder, and the 3 eggs, which should be well beaten; put in the salt, stir the batter for about 5 minutes, and pour it over the steak. Place it in a tolerably brisk oven immediately, and bake for  $1\frac{1}{2}$  hour, or rather less.

*Time*,  $1\frac{1}{2}$  hour. *Average cost*, 1s. 9d. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

*Note*.—The remains of cold beef, rather underdone, may be substituted for the steak, and, when liked, the smallest possible quantity of minced onion or shallot may be added.

## 128.—BOILED TONGUE.

**INGREDIENTS.**—1 tongue, a bunch of savoury herbs, water.

*Mode*.—In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one, and rather hard, soak it at least for 12 hours previous to cooking it; if, however, it is fresh from the pickle, 2 or 3 hours will be sufficient for it to remain in water.

Put the tongue into a stewpan with plenty of cold water and a bunch of savoury herbs; let it gradually come to a boil, skim well, and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflower or Brussels sprouts, and serve.



BOILED TONGUE.

Boiled tongue is frequently sent to table with boiled poultry, instead of ham, and is, by many persons, preferred. If to serve cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top, to straighten it. When cold, glaze it, put a paper ruche round the root, and garnish with tufts of parsley.

*Time*, a large smoked tongue, 4 to  $4\frac{1}{2}$  hours; a small one,  $2\frac{1}{2}$  to 3 hours. A large unsmoked tongue, 3 to  $3\frac{1}{2}$  hours; a small one, 2 to  $2\frac{1}{2}$  hours. *Average cost*, for a moderate-sized tongue, 3s. 6d. *Seasonable* at any time.

## 129.—TO DRESS TRIPE.

**INGREDIENTS.**—Tripe, onion sauce (No. 86), milk and water.

*Mode*.—Ascertain that the tripe is quite fresh, and have it cleaned and dressed. Cut away the coarsest fat, and boil it in equal proportions of milk and water for  $\frac{3}{4}$  hour. Should the tripe be entirely undressed, more than double that time should be allowed for it. Have ready some onion sauce made by recipe No. 86; dish the tripe, smother it with the sauce, and the remainder send to table in a tureen.

*Time*,  $\frac{3}{4}$  hour; for undressed tripe, from  $2\frac{1}{2}$  to 3 hours. *Average cost*, 7d. per lb. *Seasonable* at any time.

*Note*.—Tripe may be dressed in a variety of ways: it may be cut in pieces and fried in batter, stewed in gravy with mushrooms, or cut into collops, sprinkled with minced onion and savoury herbs, and fried & nice brown in clarified butter.

### 130.—BAKED BEEF (Cold Meat Cookery).

#### I.

**INGREDIENTS.**—*About 2 lbs. of cold roast beef, 2 small onions, 1 large carrot or 2 small ones, 1 turnip, a small bunch of savoury herbs, salt and pepper to taste, 12 tablespoonfuls of gravy, 3 tablespoonfuls of ale, crust or mashed potatoes.*

**Mode.**—Cut the beef in slices, allowing a small amount of fat to each slice; place a layer of this in the bottom of a pie-dish, with a portion of the onions, carrots, and turnips, which must be sliced; mince the herbs, strew them over the meat, and season with pepper and salt. Then put another layer of meat, vegetables, and seasoning; and proceed in this manner until all the ingredients are used. Pour in the gravy and ale (water may be substituted for the former, but it is not so nice), cover with a crust or mashed potatoes, and bake for  $\frac{1}{2}$  hour, or rather longer.

**Time,** rather more than  $\frac{1}{2}$  hour. **Average cost,** exclusive of the meat, 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

**Note.**—It is as well to parboil the carrots and turnips before adding them to the meat, and to use some of the liquor in which they were boiled as a substitute for gravy; that is to say, when there is no gravy at hand. Be particular to cut the onions in very thin slices.

#### II.

**INGREDIENTS.**—*Slices of cold roast beef, salt and pepper to taste, 1 sliced onion, 1 teaspoonful of minced savoury herbs, about 12 tablespoonfuls of gravy or sauce of any kind, mashed potatoes.*

**Mode.**—Butter the sides of a deep dish, and spread mashed potatoes over the bottom of it; on this place layers of beef in thin slices (this may be minced if there is not sufficient beef to cut into slices), well seasoned with pepper and salt, and a very little onion and herbs, which should be previously fried of a nice brown; then put another layer of mashed potatoes, and beef, and other ingredients, as before; pour in the gravy or sauce, cover the whole with another layer of potatoes, and bake for  $\frac{1}{2}$  hour. This may be served in the dish, or turned out.

**Time,**  $\frac{1}{2}$  hour. **Average cost,** exclusive of the cold beef, 6d. **Sufficient,** a large pie-dish full for 5 or 6 persons. **Seasonable** at any time.

### 131.—BROILED BEEF AND MUSHROOM SAUCE (Cold Meat Cookery).

**INGREDIENTS.**—*2 or 3 dozen small button mushrooms, 1 oz. of butter, salt and cayenne to taste, 1 tablespoonful of mushroom ketchup, washed potatoes, slices of cold roast beef.*

**Mode.**—Wipe the mushrooms free from grit with a piece of flannel, and salt; put them in a stewpan with the butter, seasoning, and ketchup; shake the pan over the fire until the mushrooms are quite done, when pour them in

the middle of mashed potatoes, browned. Then place round the potatoes slices of cold roast beef, nicely broiled, over a clear fire. In making the mushroom sauce, the ketchup may be dispensed with, if there is sufficient gravy.

*Time*,  $\frac{1}{2}$  hour. *Average cost*, exclusive of the meat, 8d. *Seasonable* from August to October.

### 132.—BROILED BEEF AND OYSTER SAUCE

(Cold Meat Cookery).

**INGREDIENTS.**—2 dozen oysters, 3 cloves, 1 blade of mace, 2 oz. of butter,  $\frac{1}{2}$  teaspoonful of flour, cayenne and salt to taste, mashed potatoes, a few slices of cold roast beef.

*Mode.*—Put the oysters in a stewpan, with their liquor strained; add the cloves, mace, butter, flour, and seasoning, and let them simmer gently for 3 minutes. Have ready in the centre of a dish round walls of mashed potatoes, browned; into the middle pour the oyster sauce, quite hot, and round the potatoes place, in layers, slices of the beef, which should be previously broiled over a nice clear fire.

*Time*, 5 minutes. *Average cost*, 2s. 8d., exclusive of the cold meat. *Sufficient* for 4 or 5 persons. *Seasonable* from September to April.

### 133.—BUBBLE-AND-SQUEAK (Cold Meat Cookery).

**INGREDIENTS.**—A few thin slices of cold boiled beef, butter, cabbage, 1 sliced onion, pepper and salt to taste.

*Mode.*—Fry the slices of beef gently in a little butter, taking care not to dry them up. Lay them on a flat dish, and cover with fried greens. The greens may be prepared from cabbage sprouts or green savoy. They should be boiled till tender, well drained, minced, and placed, till quite hot, in a frying-pan, with butter, a sliced onion, and seasoning of pepper and salt. When the onion is done, it is ready to serve.

*Time*, altogether,  $\frac{1}{2}$  hour. *Average cost*, exclusive of the cold beef, 3d. *Seasonable* at any time.

### 134.—CURRIED BEEF (Cold Meat Cookery).

**INGREDIENTS.**—A few slices of tolerably lean cold roast or boiled beef, 3 oz. of butter, 2 onions, 1 wineglassful of beer, 1 dessertspoonful of curry-powder.

*Mode.*—Cut up the beef into pieces about 1 inch square; put the butter into a stewpan with the onions sliced, and fry them of a light brown colour. Add all the other ingredients, and stir gently over a brisk fire for about 10 minutes. Should this be thought too dry, more beer, or a spoonful or two of gravy or water, may be added; but a good curry should not be very thin. Place it in a deep dish, with an edging of dry boiled rice, in the same manner as for other curries.

*Time*, 10 minutes. *Average cost*, exclusive of the meat, 4d. *Seasonable* in winter.

### 135.—FRIED SALT BEEF (Cold Meat Cookery).

**INGREDIENTS.**—A few slices of cold salt beef, pepper to taste,  $\frac{1}{2}$  lb. of butter, mashed potatoes.

*Mode.*—Cut any part of cold salt beef into thin slices, fry them gently in butter, and season with a little pepper. Have ready some very hot mashed potatoes, lay the slices of beef on them, and garnish with 3 or 4 pickled gherkins. Cold salt beef, warmed in a little liquor from mixed pickle, drained, and served as above, will be found good.

*Time*, about 5 minutes. *Average cost*, exclusive of the meat, 4d. *Seasonable* at any time.

### 136.—BEEF FRITTERS (Cold Meat Cookery).

*INGREDIENTS.*—*The remains of cold roast beef, pepper and salt to taste,  $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  pint of water, 2 oz. of butter, the whites of 2 eggs.*

*Mode.*—Mix very smoothly, and by degrees, the flour with the above proportion of water; stir in 2 oz. of butter, which must be melted, but not oiled, and, just before it is to be used, add the whites of two well-whisked eggs. Should the batter be too thick, more water must be added. Pare down the cold beef into thin shreds, season with pepper and salt, and mix it with the batter. Drop a small quantity at a time into a pan of boiling lard, and fry from 7 to 10 minutes, according to the size. When done on one side, turn and brown them on the other. Let them dry for a minute or two before the fire, and serve on a folded napkin. A small quantity of finely-minced onion mixed with the batter is an improvement.

*Time*, from 7 to 10 minutes. *Average cost*, exclusive of the meat, 6d. *Seasonable* at any time.

### 137.—HASHED BEEF (Cold Meat Cookery).

#### I.

*INGREDIENTS.*—*Gravy saved from the meat, 1 teaspoonful of tomato sauce, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of good mushroom ketchup,  $\frac{1}{2}$  wine-glass of port wine or strong ale, pepper and salt to taste, a little flour to thicken, 1 onion finely minced, a few slices of cold roast beef.*

*Mode.*—Put all the ingredients but the beef into a stewpan with whatever gravy may have been saved from the meat the day it was roasted; let these simmer gently for 10 minutes, then take the stewpan off the fire; let the gravy cool, and skim off the fat. Cut the beef into thin slices, dredge them with flour, and lay them in the gravy; let the whole simmer gently for 3 minutes, but not boil, or the meat will be tough and hard. Serve very hot, and garnish with sippets of toasted bread. If there happens to be no gravy left from the roast joint, a little must be made from the bones, the same as in the following recipe.

*Time*, 20 minutes. *Average cost*, exclusive of the cold meat, 4d. *Seasonable* at any time.

#### II.

*INGREDIENTS.*—*The remains of ribs or sirloin of beef, 2 onions, 1 carrot, 1 bunch of savoury herbs, pepper and salt to taste,  $\frac{1}{2}$  blade of pounded mace, thickening of flour, rather more than 1 pint of water.*

*Mode.*—Take off all the meat from the bones of ribs or sirloin of beef; re-

move the outside brown and gristle; place the meat on one side, and well stew the bones and pieces, with the above ingredients, for about 2 hours, till it becomes a strong gravy, and is reduced to rather more than  $\frac{1}{2}$  pint; strain this, thicken with a teaspoonful of flour, and let the gravy cool; skim off all the fat; lay in the meat, let it get hot through, but do not allow it to boil, and garnish with sippets of toasted bread. The gravy may be flavoured as in the preceding recipe.

*Time*, rather more than 2 hours. *Average cost*, exclusive of the cold meat, *1d.* *Seasonable* at any time.

*Note*.—Either of the above recipes may be served in walls of mashed potatoes, browned; in which case the sippets should be omitted. Be careful that hashed meat does not boil, or it will become tough.

### 138.—MINCED BEEF (Cold Meat Cookery).

**INGREDIENTS.**—1 oz. of butter, 1 small onion, about 12 tablespoonfuls of gravy left from the meat, 1 tablespoonful of strong ale,  $\frac{1}{2}$  a teaspoonful of flour, salt and pepper to taste, a few slices of lean roast beef.

*Mode*.—Put into a stewpan the butter with an onion chopped fine; add the gravy, ale, and  $\frac{1}{2}$  a teaspoonful of flour to thicken; season with pepper and salt, and stir these ingredients over the fire until the onion is a rich brown. Cut, but do not chop the meat *very fine*, add it to the gravy, stir till quite hot and serve. Garnish with sippets of toasted bread. Be careful in not allowing the gravy to boil after the meat is added, as it would render it hard and tough.

*Time*, about  $\frac{1}{2}$  hour. *Average cost*, exclusive of the meat, *3d.* *Seasonable* at any time.

### 139.—POTTED BEEF (Cold Meat Cookery).

**INGREDIENTS.**—The remains of cold roast or boiled beef,  $\frac{1}{2}$  lb. of butter, cayenne to taste, 2 blades of pounded mace.

*Mode*.—As we have before stated in recipe No. 118, the outside slices of boiled beef may, with a little trouble, be converted into a very nice addition to the breakfast-table. Cut up the meat into small pieces and pound it well, with a little butter, in a mortar; add a seasoning of cayenne and mace, and be very particular that the latter ingredient is reduced to the finest powder. When all the ingredients are thoroughly mixed, put it into glass or earthen potting-pots, and press on the top a coating of clarified butter.

*Seasonable* at any time.

*Note*.—If cold roast beef is used, remove all pieces of gristle and dry outside pieces, as these do not pound well.

### 140.—BEEF RAGOUT (Cold Meat Cookery).

**INGREDIENTS.**—About 2 lbs. of cold roast beef, 6 onions, pepper, salt, and mixed spices to taste,  $\frac{1}{2}$  pint of boiling water, 3 tablespoonfuls of gravy.

*Mode*.—Cut the beef into rather large pieces, and put them into a stewpan with the onions, which must be sliced. Season well with pepper, salt, and mixed spices, and pour over about  $\frac{1}{2}$  pint of boiling water, and gravy in the

above proportion (gravy saved from the meat answers the purpose); let the whole stew very gently for about 2 hours, and serve with pickled walnuts, gherkins, or capers, just warmed in the gravy.

*Time.*—2 hours. *Average cost*, exclusive of the meat, 6d. *Seasonable* at any time.

#### 141.—BEEF<sup>\*</sup> RISSOLES (Cold Meat Cookery).

*INGREDIENTS.*—*The remains of cold roast beef; to each pound of meat allow  $\frac{3}{4}$  lb. of bread crumbs, salt and pepper to taste, a few chopped savoury herbs,  $\frac{1}{2}$  a teaspoonful of minced lemon-peel, 1 or 2 eggs, according to the quantity of meat.*

*Mode.*—Mince the beef very fine, which should be rather lean, and mix with this bread crumbs, herbs, seasoning, and lemon-peel, in the above proportion, to each pound of meat. Make all into a thick paste with 1 or 2 eggs; divide into balls or cones, and fry a rich brown. Garnish the dish with fried parsley, and send with them to table some good brown gravy in a tureen. Instead of garnishing with fried parsley, gravy may be poured in the dish, round the rissoles: in this case, it will not be necessary to send any in a tureen.

*Time.*—From 5 to 10 minutes, according to size. *Average cost*, exclusive of the meat, 5d. *Seasonable* at any time.

#### 142.—BEEF ROLLS (Cold Meat Cookery).

*INGREDIENTS.*—*The remains of cold roast or boiled beef, seasoning to taste of salt, pepper, and minced herbs, puff paste.*

*Mode.*—Mince the beef tolerably fine with a small amount of its own fat; add a seasoning of pepper, salt, and chopped herbs; put the whole into a roll of puff paste, and bake for  $\frac{1}{2}$  hour, or rather longer, should the roll be very large. Beef patties may be made of cold meat, by mincing and seasoning beef as directed above, and baking in a rich puff paste in patty-tins.

*Time.*— $\frac{1}{2}$  hour. *Seasonable* at any time.

#### 143.—SLICED AND BROILED BEEF—a Pretty Dish (Cold Meat Cookery).

*INGREDIENTS.*—*A few slices of cold roast beef, 4 or 5 potatoes, a thin batter, pepper and salt to taste.*

*Mode.*—Pare the potatoes as you would peel an apple; fry the parings in a thin batter seasoned with salt and pepper, until they are of a light brown colour, and place them on a dish over some slices of beef, which should be nicely seasoned and broiled.

*Time.*—5 minutes to broil the meat. *Seasonable* at any time.

#### 144.—STEWED BEEF AND CELERY SAUCE (Cold Meat Cookery).

*INGREDIENTS.*—*3 roots of celery, 1 pint of gravy (No. 94), 2 onions sliced, 2 lbs. of cold roast or boiled beef.*

*Mode.*—Cut the celery into 2-inch pieces, put them in a stewpan, with the gravy and onions, simmer gently until the celery is tender, let the gravy cool,

## MUTTON.

then add the beef cut into rather thick pieces ; let it just boil up, and serve with fried potatoes.

*Time*, from 20 to 25 minutes to stew the celery. *Average cost*, exclusive of the meat, 6d. *Seasonable* from September to January.

### 145.—STEWED BEEF WITH OYSTERS (Cold Meat Cookery).

**INGREDIENTS.**—*A few thick steaks of cold ribs or sirloin of beef, 2 oz. o butter, 1 onion sliced, pepper and salt to taste,  $\frac{1}{2}$  glass of port wine, a little flour to thicken, 1 or 2 dozen oysters, rather more than  $\frac{1}{2}$  pint of water.*

*Mode.*—Cut the steaks rather thick, from cold sirloin or ribs of beef ; brown them lightly in a stewpan, with the butter and a little water ; add  $\frac{1}{2}$  pint of water, the onion, pepper, and salt ; cover the stewpan closely, and let it simmer very gently for  $\frac{1}{2}$  hour ; then mix about a teaspoonful of flour smoothly with a little of the liquor ; add the port wine and oysters, their liquor having been previously strained and put into the stewpan ; stir till the oysters plump, and serve. It should not boil after the oysters are added, or they will harden.

*Time*,  $\frac{1}{2}$  hour. *Average cost*, exclusive of the meat, 2s. 4d. *Seasonable* from September to April.

## MUTTON, AND COLD MUTTON COOKERY.

### 146.—AN EXCELLENT WAY TO COOK A BREAST OF MUTTON.

**INGREDIENTS.**—*Breast of mutton, 2 onions, salt and pepper to taste, flour, a bunch of savoury herbs, green peas.*

*Mode.*—Cut the mutton into pieces about 2 inches square, and let it be tolerably lean ; put it into a stewpan, with a little fat or butter, and fry it of a nice brown ; then dredge in a little flour, slice the onions, and put it with the herbs in a stewpan ; pour in sufficient water just to cover the meat, and simmer the whole gently until the mutton is tender. Take out the meat, strain, skim off all the fat from the gravy, and put both the meat and gravy back into the stewpan ; add about a quart of young green peas, and let them boil gently until done. 2 or 3 slices of bacon added and stewed with the mutton give additional flavour ; and to insure the peas being a beautiful green colour, they may be boiled in water separately, and added to the stew at the moment of serving.

*Time*, 2 $\frac{1}{2}$  hours. *Average cost*, 8 $\frac{1}{2}$ d. per lb. *Sufficient* for 4 or 5 persons. *Seasonable* from June to August.

### 147.—HARICOT MUTTON.

L

**INGREDIENTS.**—*4 lbs. of the middle or best end of the neck of mutton, 3*

*carrots, 3 turnips, 3 onions, pepper and salt to taste, 1 tablespoonful of ketchup or Harvey's sauce.*

*Mode.*—Trim off some of the fat, cut the mutton into rather thin chops, and put them into a frying-pan with the fat trimmings. Fry of a pale brown, but do not cook them enough for eating. Cut the carrots and turnips into dice, and the onions into slices, and slightly fry them in the same fat that the mutton was browned in, but do not allow them to take any colour. Now lay the mutton at the bottom of a stewpan, then the vegetables, and pour over them just sufficient boiling water to cover the whole. Give one boil, skim well, and set the pan on the side of the fire to simmer gently until the meat is tender. Skim off every particle of fat, add a seasoning of pepper and salt, and a little ketchup, and serve. This dish is very much better if made the day before it is wanted for table, as the fat can be so much more easily removed when the gravy is cold. This should be particularly attended to, as it is apt to be rather rich and greasy if eaten the same day it is made. It should be served in rather a deep dish.

*Time, 2½ hours to simmer gently. Average cost for this quantity, 3s. 4d. Sufficient for 6 or 7 persons. Seasonable at any time.*

## II.

*INGREDIENTS.*—*Breast or scrag of mutton, flour, pepper and salt to taste, 1 large onion, 3 cloves, a bunch of savoury herbs, 1 blade of mace, carrots and turnips, sugar.*

*Mode.*—Cut the mutton into square pieces, and fry them a nice colour; then dredge over them a little flour and a seasoning of pepper and salt. Put all into a stewpan, and moisten with boiling water, adding the onion, stuck with 3 cloves, the mace, and herbs. Simmer gently till the meat is nearly done, skim off all the fat, and then add the carrots and turnips, which should previously be cut in dice and fried in a little sugar to colour them. Let the whole simmer again for 10 minutes; take out the onion and bunch of herbs, and serve.

*Time, about 3 hours to simmer. Average cost, 7d. per lb. Sufficient for 4 or 5 persons. Seasonable at any time.*

## 148.—ROAST HAUNCH OF MUTTON.

*INGREDIENTS.*—*Haunch of mutton, a little salt, flour.*

*Mode.*—Let this joint hang as long as possible without becoming tainted, and while hanging dust flour over it, which keeps off the flies, and prevents the air from getting to it. If not well hung, the joint, when it comes to table, will neither do credit to the butcher or the cook, as it will not be tender. Wash the outside well, lest it should have a bad flavour from keeping; then flour it and put it down to a nice brisk fire, at some distance, so that it may gradually warm through. Keep continually basting, and about ½ hour before it is served, draw it nearer to the fire to get nicely brown. Sprinkle a little fine salt over the



HAUNCH OF MUTTON.



meat, pour off the dripping, add a little boiling water slightly salted, and strain this over the joint. Place a paper ruche on the bone, and send red-currant jelly and gravy in a tureen to table with it.

*Time*, from 2½ to 3¼ hours. *Average cost*, 10d. per lb. *Sufficient* for 8 to 10 persons. *Seasonable*,—in best season from September to March.

#### 149.—IRISH STEW.

**INGREDIENTS.**—3 lbs. of the loin or neck of mutton, 5 lbs. of potatoes, 5 large onions, pepper and salt to taste, rather more than 1 pint of water.

*Mode.*—Trim off some of the fat of the above quantity of loin or neck of mutton, and cut it into chops of moderate thickness. Pare and halve the potatoes, and cut the onions into thick slices. Put a layer of potatoes at the bottom of a stewpan, then a layer of mutton and onions, and season with pepper and salt; proceed in this manner until the stewpan is full, taking care to have plenty of vegetables at the top. Pour in the water, and let it stew very gently for 2½ hours, keeping the lid of the stewpan closely shut the whole time, and occasionally shaking the pan to prevent it burning at the bottom.

*Time*, 2½ hours. *Average cost*, for this quantity, 3s. 0d. *Sufficient* for 5 or 6 persons. *Seasonable*,—more suitable for a winter dish.

#### 150.—BROILED KIDNEYS (a Breakfast or Supper Dish).

**INGREDIENTS.**—*Sheep's kidneys, pepper and salt to taste.*

*Mode.*—Ascertain that the kidneys are fresh, and cut them open very evenly, lengthwise, down to the root, for should one half be thicker than the other, one would be underdone whilst the other would be dried, but do not separate them; skin them, and pass a skewer under the white part of each half to keep them flat, and broil over a nice clear fire, placing the inside downwards; turn them when done enough on one side, and cook them on the other. Remove the **BROILED KIDNEYS.** skewers, place the kidneys on a very hot dish, season with pepper and salt, and put a tiny piece of butter in the middle of each. Serve very hot and quickly, and send very hot plates to table.

*Time*, 6 to 8 minutes. *Average cost*, 2d. each. *Sufficient*: allow one for each person. *Seasonable* at any time.

*Note.*—A prettier dish than the above may be made by serving the kidneys each on a piece of buttered toast cut in any fanciful shape. In this case a little lemon-juice will be found an improvement.

#### 151.—FRIED KIDNEYS.

**INGREDIENTS.**—*Kidneys, butter, pepper and salt to taste.*

*Mode.*—Cut the kidneys open without quite dividing them, remove the skin, and put a small piece of butter in the frying-pan. \* When the butter is melted, lay in the kidneys the flat side downwards, and fry them for 7 or 8 minutes, turning them when they are half-done. Serve on a piece of dry toast, season with pepper and salt, and put a small piece of butter in each kidney; pour the gravy from the pan over them, and serve very hot.

*Time*, 7 or 8 minutes. *Average cost*, 2d. each. *Sufficient*: allow one kidney to each person. *Seasonable* at any time.

### 152.—ROAST LEG OF MUTTON.

**INGREDIENTS.**—*Leg of mutton, a little salt.*

*Mode.*—As mutton, when freshly killed, is never tender, hang it almost as long as it will keep; flour it, and put it in a cool airy place for a few days, if the weather will permit. Wash off the flour, wipe it very dry, and cut off the shank bone; put it down to a brisk clear fire, dredge with flour, and keep continually basting the whole time it is cooking. About 20 minutes before serving, draw it near the fire to get nicely brown; sprinkle over it a little salt, dish the meat, pour off the drip-



ROAST LEG OF MUTTON.

ping, add some boiling water slightly salted, strain it over the joint, and serve.

*Time*, a leg of mutton weighing 10 lbs., about 2½ or 2¾ hours; one of 7 lbs., about 2 hours, or rather less. *Average cost*, 9½d. per lb. *Sufficient*,—a moderate-sized leg of mutton sufficient for 6 or 8 persons. *Seasonable* at any time, but not so good in June, July, and August.

### 153.—BOILED LEG OF MUTTON.

**INGREDIENTS.**—*Mutton, water, salt.*

*Mode.*—A leg of mutton for boiling should not hang too long, as it will not look a good colour when dressed. Cut off the shank-bone, trim the knuckle, and wash and wipe it very clean; plunge it into sufficient boiling water to cover it; let it boil up, then draw the saucepan to the side of the fire, where it should remain till the finger can be borne in the water. Then place it sufficiently near the fire, that the water may gently simmer, and be very careful that it does not boil fast, or the meat will be hard. Skim well, add a little salt, and in about 2½ hours after the water begins to simmer, a moderate-sized leg of mutton will be done. Serve with carrots and mashed turnips, which may be boiled with the meat, and send caper sauce (No. 77) to table with it in a tureen.

*Time*, a moderate-sized leg of mutton of 9 lbs., 2½ hours after the water boils; one of 12 lbs., 3 hours. *Average cost*, 9½d. per lb. *Sufficient*,—a moderate-sized leg of mutton for 6 or 8 persons. *Seasonable* nearly all the year, but not so good in June, July, and August.

*Note.*—When meat is liked very thoroughly cooked, allow more time than stated above. The liquor this joint was boiled in should be converted into soup.

### 154.—ROAST LOIN OF MUTTON.

**INGREDIENTS.**—*Loin of mutton, a little salt.*

*Mode.*—Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the customer when

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It comes to table. Have ready a nice clear fire (it need not be a large one), put down the meat, dredge with flour, and baste well until it is done. Make the gravy as for roast leg of mutton, and serve very hot.

*Time*, a loin of mutton weighing 6 lbs., 1½ hour, or rather longer. *Average cost*, 9½d. per lb. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.



ROAST LOIN OF MUTTON.

### 155.—BROILED MUTTON CHOPS.

**INGREDIENTS.**—*Loin of mutton, pepper and salt, a small piece of butter.*

*Mode.*—Cut the chops from a well-hung tender loin of mutton, remove a portion of the fat, and trim them into a nice shape; slightly beat and level them; place the gridiron over a bright clear fire, rub the bars with a little fat, and lay on the chops. Whilst broiling, frequently turn them, and in about 8 minutes they will be done. Season with pepper and salt, dish them on a very hot dish, rub a small piece of butter on each chop, and serve very hot and expeditiously.

*Time*, about 8 minutes. *Average cost*, 10d. per lb. *Sufficient*,—allow 1 chop to each person. *Seasonable* at any time.

### 156.—MUTTON CUTLETS WITH MASHED POTATOES.

**INGREDIENTS.**—*About 3 lbs. of the best end of the neck of mutton, salt and pepper to taste, mashed potatoes.*

*Mode.*—Procure a well-hung neck of mutton, saw off about 3 inches of the top of the bones, and cut the outlets of a moderate thickness. Shape them by chopping off the thick part of the chine-bone; beat them flat with a cutlet-chopper, and scrape quite clean a portion of the top of the bone. Broil them over a nice clear fire for about 7 or 8 minutes, and turn them frequently. Have ready some smoothly-mashed white potatoes; place these in the middle of the dish; when the cutlets are done, season with pepper and salt; arrange them round the potatoes, with the thick end of the outlets downwards, and serve very hot and quickly.



MUTTON CUTLETS.

*Time*, 7 or 8 minutes. *Average cost*, for this quantity, 2s. 6d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

*Note.*—Cutlets may be served in various ways; with peas, tomatoes, onions, sauce piquante, &c.

### 157.—MUTTON PUDDING.

**INGREDIENTS.**—*About 2 lbs. of the chump end of the loin of mutton, weighed after being boned; pepper and salt to taste, suet crust made with milk, in the proportion of 6 oz. of suet to each pound of flour; a very small quantity of minced onion (this may be omitted when the flavour is not liked).*

*Mode.*—Cut the meat into rather thin slices, and season them with pepper

and salt; line the pudding-dish with crust; lay in the meat, and nearly, but do not quite, fill it up with water; when the flavour is liked, add a small quantity of minced onion; cover with crust, and proceed in the same manner as directed in recipe No. 115, using the same kind of pudding-dish as there mentioned.

*Time*, about 3 hours. *Average cost*, 2s. 0d. *Sufficient* for 6 persons. *Seasonable* all the year, but more suitable for a winter dish.

### 158.—BOILED NECK OF MUTTON.

**INGREDIENTS.**—4 lbs. of the middle or best end of the neck of mutton; a little salt.

**Mode.**—Trim off a portion of the fat, should there be too much, and if it is to look particularly nice, the chine-bone should be sawn down, the ribs stripped halfway down, and the ends of the bones chopped off; this is, however, not necessary. Put the meat into sufficient boiling water to cover it; when it boils, add a little salt and remove all the scum. Draw the saucepan to the side of the fire, and let the water get so cool that the finger may be borne in it; then simmer very slowly and gently until the meat is done, which will be in about 1½ hour, or rather more, reckoning from the time that it begins to simmer. Serve with turnips and caper sauce, No. 77, and pour a little of it over the meat. The turnips should be boiled with the mutton; and, when at hand, a few carrots will also be found an improvement. These, however, if very large and thick, must be cut into long thinnish pieces, or they will not be sufficiently done by the time the mutton is ready. Garnish the dish with carrots and turnips placed alternately round the mutton.

*Time.*—4 lbs. of the neck of mutton, about 1½ hour. *Average cost*, 8½d. per lb. *Sufficient* for 6 or 7 persons. *Seasonable* at any time.

### 159.—ROAST SADDLE OF MUTTON.

**INGREDIENTS.**—Saddle of mutton; a little salt.

**Mode.**—To insure this joint being tender, let it hang for ten days or a fortnight, if the weather permits. Cut off the tail and flaps, and trim away



SADDLE OF MUTTON.

every part that has not indisputable pretensions to be eaten, and have the skin taken off and skewered on again. Put it down to a bright, clear fire, and, when the joint has been cooking for an hour, remove the skin and dredge it with flour. It should not be placed too near the fire, as the fat should not be in the slightest degree burnt. Keep constantly basting, both before and after the skin is removed. Sprinkle some salt over the joint, make a little gravy in the dripping-pan, and pour it over the meat, which send to table with a tureen of made gravy and red-currant jelly.

*Time.*—A saddle of mutton weighing 10 lbs., 2½ hours; 14 lbs., 3¼ hours. When liked underdone, allow rather less time. *Average cost*, 10d. per lb.

*Sufficient*,—a moderate-sized saddle of 10 lbs. for 7 or 8 persons. *Seasonable* all the year; not so good when lamb is in full season.

### \* 160.—TO DRESS A SHEEP'S HEAD.

**INGREDIENTS.**—1 *sheep's head*, sufficient water to cover it, 3 carrots, 3 turnips, 2 or 3 parsnips, 3 onions, a small bunch of parsley, 1 teaspoonful of pepper, 3 teaspoonfuls of salt,  $\frac{1}{2}$  lb. Scotch oatmeal.

**Mode.**—Clean the head well, and let it soak in warm water for 2 hours, to get rid of the blood; put it into a saucepan, with sufficient cold water to cover it, and when it boils, add the vegetables, peeled and sliced, and the remaining ingredients; before adding the oatmeal, mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up; then shut the saucepan closely, and let it stew gently for  $1\frac{1}{2}$  or 2 hours. It may be thickened with rice or barley, but oatmeal is preferable.

*Time*,  $1\frac{1}{2}$  or 2 hours. *Average cost*, 8d. each. *Sufficient* for 3 or 4 persons. *Seasonable* at any time.

### 161.—ROAST SHOULDER OF MUTTON.

**INGREDIENTS.**—*Shoulder of mutton; a little salt.*

**Mode.**—Put the joint down to a bright, clear fire; flour it well, and keep continually basting. About  $\frac{1}{2}$  hour before serving, draw it near the fire, that the outside may acquire a nice brown colour, but not sufficiently near to blacken the fat. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents, pour in a little boiling water slightly salted, and strain this over the joint. Onion sauce, or stewed Spanish onions, are usually sent to table with this dish, and sometimes baked potatoes.



SHOULDER OF MUTTON.

*Time*,—a shoulder of mutton weighing 6 or 7 lbs.,  $1\frac{1}{2}$  hour. *Average cost*, 8 $\frac{1}{2}$ d. per lb. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

*Notes.*—Shoulder of mutton may be dressed in a variety of ways; boiled, and served with onion sauce; boned, and stuffed with a good veal forcemeat; or baked, with sliced potatoes, in the dripping-pan.

### 162.—STEWED BREAST OF LAMB.

**INGREDIENTS.**—1 *breast of lamb*, pepper and salt to taste, sufficient stock (No. 2) to cover it, 1 glass of sherry, thickening of butter and flour.

**Mode.**—Skin the lamb, cut it into pieces, and season them with pepper and salt; lay these in a stewpan, pour in sufficient stock or gravy to cover them, and stew very gently until tender, which will be in about  $1\frac{1}{2}$  hour. Just before serving, thicken the sauce with a little butter and flour; add the sherry, give one boil, and pour it over the meat. Green peas, or stewed mushrooms, may be strewed over the meat, and will be found a very great improvement.

*Time*,  $1\frac{1}{2}$  hour. *Average cost*, 10d. per lb. *Sufficient* for 3 persons. *Seasonable*,—grass lamb, from Easter to Michaelmas.

## 163.—LAMB CHOPS.

**INGREDIENTS.**—*Loin of lamb; pepper and salt to taste.*

**Mode.**—Trim off the flap from a fine loin of lamb, and cut into chops about  $\frac{1}{2}$  inch in thickness. Have ready a bright, clear fire; lay the chops on a gridiron, and broil them of a nice pale brown, turning them when required. Season them with pepper and salt, serve very hot and quickly, and garnish with crisped parsley, or place them on mashed potatoes. Asparagus, spinach, or peas, are the favourite accompaniments to lamb chops.

*Time*, about 8 or 10 minutes. *Average cost*, 1s. per lb. *Sufficient*,—allow 2 chops to each person. *Seasonable* from Easter to Michaelmas.

## 164.—ROAST FORE-QUARTER OF LAMB.

**INGREDIENTS.**—*Lamb; a little salt.*

**Mode.**—To obtain the flavour of lamb in perfection, it should not be long kept; time to cool is all that it requires; and though the meat may be somewhat thready, the juices and flavour will be infinitely superior to that of lamb that has been killed 2 or 3 days.



FORE-QUARTER OF LAMB.

Make up the fire in good time, that it may be clear and brisk when the joint is put down. Place it at a sufficient distance to prevent the fat from burning, and baste it constantly till the moment of serving. Lamb should be very *thoroughly* done, without being dried up, and not the slightest appearance of red gravy should be visible, as in roast mutton: this rule is applicable to all young white meats. Serve with a little gravy made in the dripping-pan, the same as for other roasts, and send to table with it a tureen of mint sauce, No. 83, and a fresh salad. A cut lemon, a small piece of fresh butter, and a little cayenne, should also be placed on the table, so that when the carver separates the shoulder from the ribs, they may be ready for his use; if, however, he should not be very expert, we would recommend that the cook should divide these joints nicely before coming to table.

*Time*,—fore-quarter of lamb weighing 10 lbs.,  $1\frac{1}{2}$  to 2 hours. *Average cost*, 10d. to 1s. per lb. *Sufficient* for 7 or 8 persons. *Seasonable*,—grass lamb, from Easter to Michaelmas.

## 165.—BOILED LEG OF LAMB.

**INGREDIENTS.**—*Leg of lamb, white sauce (No. 89).*

**Mode.**—Do not choose a very large joint, but one weighing about 5 lbs. Have ready a saucepan of boiling water, into which plunge the lamb, and when it boils up again, draw it to the side of the fire, and let the water cool a little. Then stew very gently for about  $1\frac{1}{2}$  hour, reckoning from the time that the water begins to simmer. Make some white sauce by recipe No. 89; dish the lamb, pour the sauce over it, and garnish with tufts of boiled cauliflower or carrots. When liked, melted butter may be substituted for the white sauce: this is a more simple method, but not nearly so nice. Send to table

with it some of the sauce in a tureen, and boiled cauliflowers or spinach, with whichever vegetable the dish is garnished.

*Time*, 1½ hour after the water simmers. *Average cost*, 10d. to 1s. per lb. *Sufficient* for 4 or 5 persons. *Seasonable* from Easter to Michaelmas.

### 166.—ROAST LEG OF LAMB.

**INGREDIENTS.**—*Lamb ; a little salt.*

*Mode.*—Place the joint at a good distance from the fire at first, and baste well the whole time it is cooking. When nearly done, draw it nearer the fire to acquire a nice brown colour. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents ; pour in a little boiling water, and strain this over the meat. Serve with mint sauce and a fresh salad, and for vegetables send peas, spinach, or cauliflowers to table with it.



LEG OF LAMB.

*Time*,—a leg of lamb weighing 5 lbs., 1½ hour. *Average cost*, 10d. to 1s. per lb. *Sufficient* for 4 or 5 persons. *Seasonable* from Easter to Michaelmas.

*Note.*—A shoulder of lamb requires rather more than 1 hour to roast it. A small saddle, 1½ hour ; a larger saddle, 2 hours, or longer. Loin of lamb, 1½ to 1¾ hour. Ribs of lamb, as they are thinner than the loin, from 1 to 1½ hour.

### 167.—BAKED MINCED MUTTON (Cold Meat Cookery).

**INGREDIENTS.**—*The remains of any joint of cold roast mutton, 1 or 2 onions, 1 bunch of savoury herbs, pepper and salt to taste, 2 blades of pounded mace or nutmeg, 2 tablespoonfuls of gravy, mashed potatoes.*

*Mode.*—Mince an onion rather fine, and fry it a light brown colour ; add the herbs and mutton, both of which should be also finely minced and well mixed ; season with pepper and salt, and a little pounded mace or nutmeg, and moisten with the above proportion of gravy. Put a layer of mashed potatoes at the bottom of a dish, then the mutton and another layer of potatoes, and bake for about ½ an hour.

*Time*, ½ hour. *Average cost*, exclusive of the meat, 4d. *Seasonable* at any time.

*Note.*—If there should be a large quantity of meat, use 2 onions instead of 1.

### 168.—BROILED MUTTON AND TOMATO SAUCE (Cold Meat Cookery).

**INGREDIENTS.**—*A few slices of cold mutton ; tomato sauce.*

*Mode.*—Cut some nice slices from a cold leg or shoulder of mutton ; season them with pepper and salt, and broil over a clear fire. Make some tomato sauce, pour it over the mutton, and serve. This makes an excellent dish, and must be served very hot.

*Time*, about 5 minutes to broil the mutton. *Seasonable* in September and October, when tomatoes are plentiful and seasonable.

### 169.—MUTTON COLLOPS (Cold Meat Cookery).

**INGREDIENTS.**—*A few slices of a cold leg or loin of mutton, salt and pepper*

*to taste*, 1 blade of pounded mace, 1 small bunch of savoury herbs minced very fine, 2 or 3 shalots, 2 or 3 oz. of butter, 1 dessertspoonful of flour,  $\frac{1}{2}$  pint of gravy, 1 tablespoonful of lemon-juice.

*Mode*.—Cut some very thin slices from a leg or the chump end of a loin of mutton; sprinkle them with pepper, salt, pounded mace, minced savoury herbs, and minced shalot; fry them in butter, stir in a dessertspoonful of flour, add the gravy and lemon-juice, simmer very gently about 5 or 7 minutes, and serve immediately.

*Time*, 5 to 7 minutes. *Average cost*, exclusive of the meat, 6d. *Seasonable* at any time.

### 170.—CURRIED MUTTON (Cold Meat Cookery).

*INGREDIENTS*.—*The remains of any joint of cold mutton*, 2 onions,  $\frac{1}{2}$  lb. of butter, 1 dessertspoonful of curry-powder, 1 dessertspoonful of flour, salt to taste,  $\frac{1}{2}$  pint of stock or water.

*Mode*.—Slice the onions in thin rings, put them into a stewpan with the butter, and fry of a light brown; stir in the curry powder, flour, and salt, and mix all well together. Cut the meat into nice thin slices (if there is not sufficient to do this, it may be minced), and add it to the other ingredients; when well browned, add the stock or gravy, and stew gently for about  $\frac{1}{2}$  hour. Serve in a dish with a border of boiled rice, the same as for other curries.

*Time*,  $\frac{1}{2}$  hour. *Average cost*, exclusive of the meat, 6d. *Seasonable* in winter.

### 171.—CUTLETS OF COLD MUTTON (Cold Meat Cookery).

*INGREDIENTS*.—*The remains of cold loin or neck of mutton*, 1 egg, bread crumbs, brown gravy (No. 94), or tomato sauce.

*Mode*.—Cut the remains of cold loin or neck of mutton into cutlets, trim them, and take away a portion of the fat, should there be too much; dip them in beaten egg, sprinkle with bread crumbs, and fry them a nice brown in hot dripping. Arrange them on a dish, and pour round them either a good gravy or hot tomato sauce.

*Time*, about 7 minutes. *Seasonable*,—tomatoes to be had most reasonably in September and October.

### 172.—HARICOT MUTTON (Cold Meat Cookery).

*INGREDIENTS*.—*The remains of cold neck or loin of mutton*, 2 oz. of butter, 3 onions, 1 dessertspoonful of flour,  $\frac{1}{2}$  pint of good gravy, pepper and salt to taste, 2 tablespoonfuls of port wine, 1 tablespoonful of mushroom ketchup, 2 carrots, 2 turnips, 1 head of celery.

*Mode*.—Cut the cold mutton into moderate-sized chops, and take off the fat; slice the onions, and fry them with the chops, in a little butter, of a nice brown colour; stir in the flour, add the gravy, and let it stew gently nearly an hour. In the mean time boil the vegetables until nearly tender, slice them, and add them to the mutton about  $\frac{1}{2}$  hour before it is to be served. *Season*



with pepper and salt, add the ketchup and port wine, give one boil, and serve.

*Time, 1 hour. Average cost, exclusive of the cold meat, 9d. Seasonable at any time.*

### 173.—HASHED MUTTON.

**INGREDIENTS.**—*The remains of cold roast shoulder or leg of mutton, 6 whole peppers, 6 whole allspice, a faggot of savoury herbs,  $\frac{1}{2}$  head of celery, 1 onion, 2 oz. of butter, flour.*

**Mode.**—Cut the meat in nice even slices from the bones, trimming off all superfluous fat and gristle; chop the bones and fragments of the joint; put them into a stewpan with the pepper, spice, herbs, and celery; cover with water, and simmer for 1 hour. Slice and fry the onion of a nice pale-brown colour in the butter; dredge in a little flour to make it thick, and add this to the bones, &c. Stew for  $\frac{1}{2}$  hour, strain the gravy, and let it cool; then skim off every particle of fat, and put it, with the meat, into a stewpan. Flavour with ketchup, Harvey's sauce, tomato sauce, or any flavouring that may be preferred, and let the meat gradually warm through, but not boil, or it will harden. To hash meat properly, it should be laid in cold gravy, and only left on the fire just long enough to warm through.

*Time, 1 $\frac{1}{2}$  hour to simmer the gravy. Average cost, exclusive of the meat, 4d. Seasonable at any time.*

OR,

Make a gravy by recipe No. 94, and thicken it as there directed; then place some nice slices of mutton in the cold gravy, allow the meat to get thoroughly hot, but on no account let it boil.

### 174.—HODGE-PODGE (Cold Meat Cookery).

**INGREDIENTS.**—*About 1 lb. of underdone cold mutton, 2 lettuces, 1 pint of green peas, 5 or 6 green onions, 2 oz. of butter, pepper and salt to taste, 1 tea-spoonful of water.*

**Mode.**—Mince the mutton, and cut up the lettuces and onions in slices. Put these in a stewpan, with all the ingredients except the peas, and let these simmer very gently for  $\frac{3}{4}$  hour, keeping them well stirred. Boil the peas separately, mix these with the mutton, and serve very hot.

*Time,  $\frac{3}{4}$  hour. Sufficient for 3 or 4 persons. Seasonable from the end of May to August. Average cost, exclusive of the meat, 7d.*

### 175.—MUTTON PIE (Cold Meat Cookery).

**INGREDIENTS.**—*The remains of a cold leg, loin, or neck of mutton, pepper and salt to taste, 2 blades of pounded mace, 1 dessert-spoonful of chopped parsley, 1 tea-spoonful of minced savoury herbs; when liked, a little minced onion or shallot; 3 or 4 potatoes, 1 tea-spoonful of gravy; crust.*

**Mode.**—Cold mutton may be made into very good pies if well seasoned and mixed with a few herbs; if the leg is used, cut it into very thin slices; if the loin or neck, into thin outlets. Place some at the bottom of the dish; season well with pepper, salt, mace, parsley, and herbs; then put a layer of potatoes

sliced, then more mutton, and so on till the dish is full ; add the gravy, cover with a crust, and bake for 1 hour.

*Time*, 1 hour. *Seasonable* at any time. *Average cost*, without meat, 9d.

*Note*.—The remains of an underdone leg of mutton may be converted into a very good family pudding, by cutting the meat into slices, and putting them into a basin lined with a suet crust. It should be seasoned well with pepper, salt, and minced shallot, covered with a crust, and boiled for about 3 hours.

### 176.—RAGOUT OF COLD NECK OF MUTTON (Cold Meat Cookery).

*INGREDIENTS*.—*The remains of a cold neck or loin of mutton*, 2 oz. of butter, a little flour, 2 onions sliced,  $\frac{1}{2}$  pint of water, 2 small carrots, 2 turnips, pepper and salt to taste.

*Mode*.—Cut the mutton into small chops, and trim off the greater portion of the fat ; put the butter into a stewpan, dredge in a little flour, add the sliced onions, and keep stirring till brown ; then put in the meat. When this is quite brown, add the water, and the carrots and turnips, which should be cut into very thin slices ; season with pepper and salt, and stew till quite tender, which will be in about  $\frac{3}{4}$  hour. When in season, green peas may be substituted for the carrots and turnips : they should be piled in the centre of the dish, and the chops laid round.

*Time*,  $\frac{3}{4}$  hour. *Average cost*, exclusive of the meat, 4d. *Seasonable*, with peas, from June to August.

### 177.—TOAD-IN-THE-HOLE (Cold Meat Cookery).

*INGREDIENTS*.—6 oz. of flour, 1 pint of milk, 3 eggs, butter, a few slices of cold mutton, pepper and salt to taste, 2 kidneys.

*Mode*.—Make a smooth batter of flour, milk, and eggs in the above proportion ; butter a baking-dish, and pour in the batter. Into this place a few slices of cold mutton, previously well seasoned, and the kidneys, which should be cut into rather small pieces ; bake about 1 hour, or rather longer, and send it to table in the dish it was baked in. Oysters or mushrooms may be substituted for the kidneys, and will be found exceedingly good.

*Time*, rather more than 1 hour. *Average cost*, exclusive of the cold meat, 8d. *Seasonable* at any time.

### 178.—HASHED LAMB AND BROILED BLADE-BONE.

*INGREDIENTS*.—*The remains of a cold shoulder of lamb*, pepper and salt to taste, 2 oz. of butter, about  $\frac{1}{2}$  pint of stock or gravy, 1 tablespoonful of shallot vinegar, 3 or 4 pickled gherkins.

*Mode*.—Cut the meat into collops as neatly as possible, season the blade-bone with pepper and salt, pour a little oiled butter over it, and place it in the oven to warm through. Put the stock into a stewpan, add the ketchup and shallot vinegar, and lay in the pieces of lamb. Let these heat gradually enough, but do not allow them to boil. Take the blade-bone out of the oven, and place it on a gridiron over a sharp fire to brown. Slice the gherkins, put

them into the hash, and dish it with the blade-bone in the centre. It may be garnished with croûtons or sippets of toasted bread.

*Time*, altogether  $\frac{1}{2}$  hour. *Average cost*, exclusive of the meat, 4d. *Seasonable*,—house lamb, from Christmas to March; grass lamb, from Easter to Michaelmas.

## P O R K, AND COLD PORK COOKERY.

### 179.—FRIED RASHERS OF BACON AND POACHED EGGS.

**INGREDIENTS.**—*Bacon ; eggs.*

*Mode.*—Cut the bacon into thin slices, trim away the rusty parts, and cut off the rind. Put it into a *cold* frying-pan; that is to say, do not place the pan on the fire before the bacon is in it. Turn it 2 or 3 times, and dish it on a very hot dish. Poach the eggs and slip them on to the bacon without breaking the yolks, and serve quickly.

*Time*, 3 or 4 minutes. *Average cost*, 10d. to 1s. per pound for the primeest parts. *Sufficient*,—allow 6 eggs for 3 persons. *Seasonable* at any time.

*Notes.*—Fried rashers of bacon, curled, serve as a pretty garnish to many dishes, and, for small families, answer very well as a substitute for boiled bacon, to serve with a small dish of poultry, &c.

### 180.—BOILED BACON.

**INGREDIENTS.**—*Bacon ; water.*

*Mode.*—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put it into a saucepan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is *thoroughly* done; then take it up, strip off the skin, sprinkle over the bacon a few bread-craspings, and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

*Time*, 1 lb. of bacon,  $\frac{3}{4}$  hour; 2 lbs., 1 $\frac{1}{2}$  hour. *Average cost*, 10d. to 1s. per lb. for the primeest parts. *Sufficient*, 2 lbs. for 8 persons, when served with poultry or veal. *Seasonable* at any time.



BOILED BACON.

### 181.—PORK CUTLETS OR CHOPS.

I.

**INGREDIENTS.**—*Loin of pork, pepper and salt to taste.*

*Mode.*—Cut the outlets from a delicate loin of pork, bone and trim them neatly, and take away the greater portion of the fat. Season them with pepper; place the gridiron on the fire; when quite hot, lay on the chops and

brown them for about  $\frac{1}{2}$  hour, turning them 3 or 4 times; and be particular that they are *thoroughly* done, but not dry. Dish them, sprinkle over a little fine salt, and serve plain, or with tomato sauce, sauce piquante, or pickled gherkins, a few of which should be laid round the dish as a garnish.

*Time*, about  $\frac{1}{2}$  hour. *Average cost*, 10d. per lb. for chops. *Sufficient*,—allow 6 for 4 persons. *Seasonable* from October to March.

## 182.—PORK OUTLETS OR CHOPS.

### II.

**INGREDIENTS.**—*Loin, or fore-loin, of pork, egg and bread crumbs, salt and pepper to taste; to every tablespoonful of bread crumbs allow  $\frac{1}{4}$  teaspoonful of minced sage; clarified butter.*

**Mode.**—Cut the outlets from a loin, or fore-loin, of pork; trim them the same as mutton outlets, and scrape the top part of the bone. Brush them over with egg, sprinkle with bread crumbs, with which have been mixed minced sage and a seasoning of pepper and salt; drop a little clarified butter on them, and press the crumbs well down. Put the frying-pan on the first with some lard in it; when this is hot, lay in the outlets, and fry them a light brown on both sides. Take them out, put them before the fire to dry the greasy moisture from them, and dish them on mashed potatoes. Serve with them any sauce that may be preferred; such as tomato sauce, sauce piquante, sauce Robert, or pickled gherkins.

*Time*, from 15 to 20 minutes. *Average cost*, 10d. per lb. for chops. *Sufficient*,—allow 6 outlets for 4 persons. *Seasonable* from October to March.

*Note.*—The remains of roast loin of pork may be dressed in the same manner.

## 183.—ROAST GRISKIN OF PORK.

**INGREDIENTS.**—*Pork; a little powdered sage.*

**Mode.**—As this joint frequently comes to table hard and dry, particular care should be taken that it is well basted. Put it down to a bright fire, and



SPARE RIB OF PORK.



GRISKIN OF PORK.

now it. Roast it in the usual manner, and about 10 minutes before taking it up, sprinkle over some powdered sage; make a little gravy in the dripping-pan, strain it over the meat, and serve it with a tureen of apple sauce. This joint will be done in far less time when the skin is left on, consequently, should have the greatest attention that it be not dried up.

*Time*,—griskin of pork weighing 6 lbs.,  $1\frac{1}{2}$  hour. *Average cost*, 9d. per lb. *Sufficient* for 5 or 6 persons. *Seasonable* from September to March.

*Note.*—A spare-rib of pork is roasted in the same manner as above, and would take  $\frac{1}{2}$  hour for one weighing about 6 lbs.

## 184.—TO BAKE A HAM.

INGREDIENTS.—*Ham; a common crust.*

*Mode.*—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep the gravy in. Place it in a moderately-heated oven, and bake for nearly 4 hours. Take off the crust and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill. This method of cooking a ham is, by many persons, considered far superior to boiling it, as it cuts fuller of gravy and has a finer flavour, besides keeping a much longer time good.

*Time*,—a medium-sized ham, 4 hours. *Average cost*, from 10d. to 1s. per lb. by the whole ham. *Seasonable* all the year.

## 185.—TO BOIL A HAM.

INGREDIENTS.—*Ham, water, glaze or raspings.*

*Mode.*—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it, close to the bone; and if, when the knife is withdrawn, it has an agreeable smell, the ham is good; if, on the contrary, the blade has a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and is very dry and salt, let it remain in soak for 24 hours, changing the water frequently. This length of time is only necessary in the case of its being very hard; from 8 to 12 hours would be sufficient for a Yorkshire or Westmoreland ham. Wash it thoroughly clean, and trim away from the underside all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling-pot, with sufficient cold water to cover it; bring it gradually to boil, and as the scum rises, carefully remove it. Keep it simmering very gently until tender, and be careful that it does not stop boiling, nor boil too quickly. When done, take it out of the pot, strip off the skin, and sprinkle over it a few fine bread-raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold: by this method the juices are kept in, and it will be found infinitely superior to one taken out of the water hot; it should, however, be borne in mind that the ham must *not* remain in the saucepan *all* night. When the skin is removed, sprinkle over bread-raspings, or, if wanted particularly nice, glaze it. Place a paper frill round the knuckle, and garnish with parsley or cut vegetable flowers.



BOILED HAM.

*Time*,—a ham weighing 10 lbs., 4 hours to *simmer gently*; 15 lbs., 5 hours; a very large one, about 6 hours. *Average cost*, from 10d. to 1s. per lb. by the whole ham. *Seasonable* all the year.

## 186.—FRIED HAM AND EGGS (a Breakfast Dish).

INGREDIENTS.—*Ham; eggs.*

*Mode.*—Cut the ham into slices, and take care that they are of the same

thickness in every part. Cut off the rind, and if the ham should be particularly hard and salt, it will be found an improvement to soak it for about 10 minutes in hot water, and then dry it in a cloth. Put it into a cold frying-pan, set it over the fire, and turn the slices 3 or 4 times whilst they are cooking. When done, place them on a dish, which should be kept hot in front of the fire during the time the eggs are being poached. Poach the eggs, slip them on to the slices of ham, and serve quickly.

*Time*, 7 or 8 minutes to broil the ham. *Average cost*, 8d. or 10d. per lb. by the whole ham. *Sufficient*,—allow 2 eggs and a slice of ham to each person. *Seasonable* at any time.

*Note*.—Ham may also be toasted or broiled; but, with the latter method, to insure its being well cooked, the fire must be beautifully clear, or it will have a smoky flavour far from agreeable.

### 187.—TO PICKLE HAMS (Suffolk Recipe).

**INGREDIENTS.**—*To a ham from 10 to 12 lbs. allow 1 lb. of coarse sugar,  $\frac{1}{2}$  lb. of salt, 1 oz. of saltpetre,  $\frac{1}{2}$  a teacupful of vinegar.*

*Mode*.—Rub the hams well with common salt, and leave them for a day or two to drain; then rub well in the above proportion of sugar, salt, saltpetre, and vinegar, and turn the hams every other day. Keep them in pickle 1 month, drain them, and send them to be smoked over a wood fire for 3 weeks or a month.

*Time*,—to remain in the pickle 1 month; to be smoked 3 weeks or 1 month. *Sufficient*,—the above proportion of pickle to 1 ham. *Seasonable*,—hams should be pickled from October to March.

### 188.—TO SALT TWO HAMS, about 12 or 15 lbs. each.

**INGREDIENTS.**—*2 lbs. of treacle,  $\frac{1}{2}$  lb. of saltpetre, 1 lb. of bay salt, 2 lbs. of common salt.*

*Mode*.—Two days before they are put into pickle rub the hams well with salt, to draw away all slime and blood. Throw what comes from them away, and then rub them with treacle, saltpetre, and salt. Lay them in a deep pan, and let them remain 1 day; boil the above proportion of treacle, saltpetre, bay salt, and common salt for  $\frac{1}{2}$  hour, and pour this pickle boiling hot over the hams: there should be sufficient of it to cover them. For a day or two rub them well with it; afterwards they will only require turning. They ought to remain in this pickle for 3 weeks or a month, and then be sent to be smoked, which will take nearly or quite a month to do. An ox-tongue pickled in this way is most excellent, to be eaten either green or smoked.

*Time*,—to remain in the pickle 3 weeks or a month; to be smoked about a month. *Seasonable* from October to March.

### 189.—POTTED HAM, that will keep Good for some time.

#### I.

**INGREDIENTS.**—*To 4 lbs. of lean ham allow 1 lb. of fat, 2 teaspoonfuls of pounded mace,  $\frac{1}{2}$  nutmeg grated, rather more than  $\frac{1}{2}$  teaspoonful of cayenne, clarified lard.*

*Mode*.—Mince the ham, fat and lean together in the above proportions, and pound  $\frac{1}{2}$  well in a mortar, seasoning it with cayenne pepper, powdered mace and nutmeg; put the mixture into a deep baking-dish, and bake for  $\frac{1}{2}$  hour, then press it well into a stone jar, fill up the jar with clarified lard, cover it closely, and paste over it a piece of thick paper. If well seasoned, it will keep a long time in winter, and will be found very convenient for sandwiches, &c.

*Time*,  $\frac{1}{2}$  hour. *Seasonable* at any time.

## 190.—POTTED HAM.

### II.

(A nice addition to the Breakfast or Luncheon table.)

**INGREDIENTS.**—To 2 lbs. of lean ham allow  $\frac{1}{2}$  lb. of fat, 1 teaspoonful of pounded mace,  $\frac{1}{2}$  teaspoonful of pounded allspice,  $\frac{1}{2}$  nutmeg, pepper to taste, clarified butter.

*Mode*.—Cut some slices from the remains of a cold ham, mince them small, and to every 2 lbs. of lean allow the above proportion of fat. Pound the ham in a mortar to a fine paste, with the fat, gradually add the seasoning and spices, and be very particular that all the ingredients are well mixed and the spices well pounded. Press the mixture into potting-pots, pour over clarified butter, and keep it in a cool place.

*Average cost* for this quantity, 2s. 6d. *Seasonable* at any time.

## 191.—FIG'S LIVER (a Savoury and Economical Dish).

**INGREDIENTS.**—The liver and lights of a pig, 5 or 7 slices of bacon, potatoes, 1 large bunch of parsley, 2 onions, 2 sage-leaves, pepper and salt to taste, a little broth or water.

*Mode*.—Slice the liver and lights, wash these perfectly clean, and parboil the potatoes; mince the parsley and sage, and chop the onion rather small. Put the meat, potatoes, and bacon into a deep tin dish, in alternate layers, with a sprinkling of the herbs, and a seasoning of pepper and salt between each; pour on a little water or broth, and bake in a moderately-heated oven for 2 hours.

*Time*, 2 hours. *Average cost*, 1s. 6d. *Sufficient* for 6 or 7 persons. *Seasonable* from September to March.

## 192.—ROAST LOIN OF PORK.

**INGREDIENTS.**—Pork; a little salt.

*Mode*.—Score the skin in strips rather more than  $\frac{1}{2}$  inch apart, and place



FORE LOIN OF PORK.



HIND LOIN OF PORK.

the joint at a good distance from the fire, on account of the crackling, which

would harden before the meat would be heated through, were it placed too near. If very lean, it should be rubbed over with a little salad-oil, and kept well basted all the time it is at the fire. Pork should be very thoroughly cooked, but not dry; and be careful never to send it to table the least underdone, as nothing is more unwholesome and disagreeable than underdressed white meats. Serve with apple sauce (No. 75), and a little gravy made in the dripping-pan. A stuffing of sage and onion may be made separately, and baked in a flat dish: this method is better than putting it in the meat, as many persons have so great an objection to the flavour.

*Time*,—a loin of pork weighing 5 lbs., about 2 hours: allow more time should it be very fat. *Average cost*, 9d. per lb. *Sufficient* for 5 or 6 persons. *Seasonable* from September to March.

### 193.—TO DRESS PIG'S FRY (a Savoury Dish).

*INGREDIENTS*.— $1\frac{1}{2}$  lb. of pig's fry, 2 onions, a few sage-leaves, 3 lbs. of potatoes, pepper and salt to taste.

*Mode*.—Put the lean fry at the bottom of a pie-dish, sprinkle over it some minced sage and onion, and a seasoning of pepper and salt; slice the potatoes; put a layer of these on the seasoning, then the fat fry, then more seasoning, and a layer of potatoes at the top. Fill the dish with boiling water, and bake for 2 hours, or rather longer.

*Time*, rather more than 2 hours. *Average cost*, 6d. per lb. *Sufficient* for 3 or 4 persons. *Seasonable* from October to March.

### 194.—TO MELT LARD.

Melt the inner fat of the pig, by putting it in a stone jar, and placing this in a saucepan of boiling water, previously stripping off the skin. Let it simmer gently over a bright fire, and as it melts, pour it carefully from the sediment. Put it into small jars or bladders for use, and keep it in a cool place. The flead or inside fat of the pig, before it is melted, makes exceedingly light crust, and is particularly wholesome. It may be preserved a length of time by salting it well, and occasionally changing the brine. When wanted for use, wash and wipe it, and it will answer for making into paste as well as fresh lard.

*Average cost*, 10d. per lb.

### 195.—BOILED LEG OF PORK.

*INGREDIENTS*.—*Leg of pork; salt.*

*Mode*.—For boiling, choose a small, compact, well-filled leg, and rub it well with salt; let it remain in pickle for a week or ten days, turning and rubbing it every day. An hour before dressing it, put it into cold water for an hour, which improves the colour. If the pork is purchased ready salted, ascertain how long the meat has been in pickle, and soak it accordingly. Put it into a boiling-pot, with sufficient cold water to cover it; let it gradually come to a boil, and remove the scum as it rises. Simmer it very gently until tender, and do not allow it to boil fast, or the knuckle will fall to pieces



before the middle of the leg is done. Carrots, turnips, or parsnips may be boiled with the pork, some of which should be laid round the dish as a garnish, and a well-made pease-pudding is an indispensable accompaniment.

*Time*,—a leg of pork weighing 8 lbs., 8 hours after the water boils, and to be simmered very gently. *Average cost*, 9d. per lb. *Sufficient* for 7 or 8 persons. *Seasonable* from September to March.

*Note*.—The liquor in which a leg of pork has been boiled makes excellent pea-soup.

### 196.—ROAST LEG OF PORK.

**INGREDIENTS.**—*Leg of pork, a little oil. For stuffing, see recipe No. 101.*

*Mode*.—Choose a small leg of pork, and score the skin across in narrow strips, about  $\frac{1}{2}$  inch apart. Cut a slit in the knuckle, loosen the skin, and fill it with a sage-and-onion stuffing, made by recipe No. 101. Brush the joint over with a little salad-oil (this makes the crackling crisper, and a better colour), and put it down to a bright, clear fire, not too near, as that would cause the skin to blister. Baste it well, and serve with a little gravy made in the dripping-pan, and do not omit to send to table with it a tureen of well-made apple sauce. (See No. 75.)



ROAST LEG OF PORK.

*Time*,—a leg of pork weighing 8 lbs., about 8 hours. *Average cost*, 9d. per lb. *Sufficient* for 6 or 7 persons. *Seasonable* from September to March.

### 197.—TO PICKLE PORK.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of saltpetre ; salt.

*Mode*.—As pork does not keep long without being salted, out it into pieces of a suitable size as soon as the pig is cold. Rub the pieces of pork well with salt, and put them into a pan with a sprinkling of it between each piece : as it melts on the top, strew on more. Lay a coarse cloth over the pan, a board over that, and a weight on the board, to keep the pork down in the brine. If excluded from the air, it will continue good for nearly 2 years.

*Average cost*, 10d. per lb. for the prime parts. *Seasonable*,—the best time for pickling meat is late in the autumn.

### 198.—TO BOIL PICKLED PORK.

**INGREDIENTS.**—*Pork ; water.*

*Mode*.—Should the pork be very salt, let it remain in water about 2 hours before it is dressed ; put it into a saucepan with sufficient cold water to cover it, let it gradually come to a boil, then gently simmer until quite tender. Allow ample time for it to cook, as nothing is more disagreeable than underdone pork, and when boiled fast, the meat becomes hard. This is sometimes served with boiled poultry and roast veal, instead of bacon : when tender, and not over salt, it will be found equally good.

*Time*,—a piece of pickled pork weighing 2 lbs.,  $1\frac{1}{2}$  hour ; 4 lbs., rather more than 2 hours. *Average cost*, 10d. per lb. for the prime parts. *Seasonable* at any time.

## 199.—TO MAKE SAUSAGES.

*(Author's Oxford Recipe.)*

**INGREDIENTS.**—1 lb. of pork, fat and lean, without skin or gristle; 1 lb. of lean veal, 1 lb. of beef suet,  $\frac{1}{2}$  lb. of bread crumbs, the rind of  $\frac{1}{2}$  lemon, 1 small nutmeg, 6 sage-leaves, 1 teaspoonful of pepper, 2 teaspoonfuls of salt,  $\frac{1}{2}$  teaspoonful of savory,  $\frac{1}{2}$  teaspoonful of marjoram.

**Mode.**—Chop the pork, veal, and suet finely together, add the bread crumbs, the lemon-peel (which should be well minced), and a small nutmeg grated. Wash and chop the sage-leaves very finely; add these with the remaining ingredients to the sausage-meat, and when thoroughly mixed, either put the meat into skins, or, when wanted for table, form it into little cakes, which should be floured and fried.

*Average cost for this quantity, 2s. 6d. Sufficient for about 30 moderate-sized sausages. Seasonable from October to March.*

## 200.—FRIED SAUSAGES.

**INGREDIENTS.**—Sausages; a small piece of butter.

**Mode.**—Prick the sausages with a fork (this prevents them from bursting), and put them into a frying-pan with a small piece of butter. Keep moving the pan about, and turn the sausages 3 or 4 times. In from 10 to 12 minutes they will be sufficiently cooked, unless they are very large, when a little more time should be allowed for them. Dish them with or without a piece of toast under them, and serve very hot. In some counties, sausages are boiled and served on toast. They should be plunged into boiling water, and simmered for about 10 or 12 minutes.



FRIED SAUSAGES.

*Time, 10 to 12 minutes. Aver. cost, 10d. to 1s. per lb. Seasonable,—good from September to March.*

**Note.**—Sometimes, in close warm weather, sausages very soon turn sour; to prevent this, put them in the oven for a few minutes with a small piece of butter to keep them moist. When wanted for table, they will not require so long frying as uncooked sausages.

## 201.—ROAST SUCKING-PIG.

**INGREDIENTS.**—Pig, 6 oz. of bread crumbs, 16 sage-leaves, pepper and salt to taste, a piece of butter the size of an egg, salad-oil or butter to baste with, about  $\frac{1}{2}$  pint of gravy, 1 tablespoonful of lemon-juice.

**Mode.**—A sucking-pig, to be eaten in perfection, should not be more than three weeks old, and should be dressed the same day that it is killed. After preparing the pig for cooking, stuff it with finely-grated bread crumbs, minced sage, pepper, salt, and a piece of butter the size of an egg, all of which should be well mixed together, and put into the body of the pig. Sew up the slit neatly, and truss the legs back, to allow the inside to be roasted, and the under-part to be crisp. Put the pig down to a bright clear fire, not too near, and let it lay till thoroughly dry; then have ready some butter tied up in a piece of thin cloth, and rub the pig with this in

every part. Keep it well rubbed with the butter the whole of the time it is roasting, and do not allow the crackling to become blistered or burnt. When half done, hang a pig-iron before the middle part (if this is not obtainable, use a flat iron), to prevent its being scorched and dried up before the ends are done. Before it is taken from the fire, cut off the head, and part that and the body down the middle. Chop the brains and mix them with the stuffing; add  $\frac{1}{2}$  pint of good gravy, a table-spoonful of lemon-juice, and the gravy that flowed from the pig; put a little of this on the dish with the pig, and the remainder send to table in a tureen. Place the pig back to back in the dish, with one half of the head on each side, and one of the ears at each end, and send it to table as hot as possible. Instead of butter, many cooks take salad-oil for basting, which makes the crackling *crisp*; and as this is one of the principal things to be considered, perhaps it is desirable to use it; but be particular that it is very pure, or it will impart an unpleasant flavour to the meat. The brains and stuffing may be stirred into a tureen of melted butter instead of gravy, when the latter is not liked. Apple sauce and the old-fashioned currant sauce are not yet quite obsolete as accompaniments to roast pig.



ROAST SUCKING-PIG.

*Time*,  $1\frac{1}{2}$  to 2 hours for a small pig. *Average cost*, 5s. to 6s. *Sufficient* for 9 or 10 persons. *Seasonable* from September to February.

## 202.—PORK CUTLETS (Cold Meat Cookery).

**INGREDIENTS.**—*The remains of cold roast loin of pork*, 1 oz. of butter, 2 onions, 1 dessertspoonful of flour,  $\frac{1}{2}$  pint of gravy, pepper and salt to taste, 1 teaspoonful of vinegar and mustard.

**Mode.**—Cut the pork into nice-sized cutlets, trim off most of the fat, and chop the onions. Put the butter into a stewpan, lay in the cutlets and chopped onions, and fry a light brown; then add the remaining ingredients, simmer gently for 5 or 7 minutes, and serve.

*Time*, 5 to 7 minutes. *Average cost*, exclusive of the meat, 4d. *Seasonable* from October to March.

## 203.—HASHED PORK.

**INGREDIENTS.**—*The remains of cold roast pork*, 2 onions, 1 teaspoonful of flour, 2 blades of pounded mace, 2 cloves, 1 tablespoonful of vinegar.  $\frac{1}{2}$  pint of gravy, pepper and salt to taste.

**Mode.**—Chop the onions and fry them of a nice brown, cut the pork into thin slices, season them with pepper and salt, and add them to the remaining ingredients. Stew gently for about  $\frac{1}{2}$  hour, and serve the dish garnished with crumpets of toasted bread.

*Time*,  $\frac{1}{2}$  hour. *Average cost*, exclusive of the meat, 3d. *Seasonable* from October to March.

## VEAL, AND COLD VEAL COOKERY.

### 204.—ROAST BREAST OF VEAL.

INGREDIENTS.—*Veal; a little flour.*

*℥.*—Wash the veal, well wipe it, and dredge it with flour; put it down to a bright fire, but not too near, as it should not be scorched. Baste it plentifully until done; dish it, pour over the meat some good melted butter, and send to table with it a piece of boiled bacon and a cut lemon.



BREAST OF VEAL.

*Time, from 1½ to 2 hours. Average cost,*

*9d. per lb. Sufficient for 5 or 6 persons. Seasonable from March to October.*

### 205.—STEWED BREAST OF VEAL AND PEAS.

INGREDIENTS.—*Breast of veal, 2 oz. of butter, a bunch of savoury herbs, including parsley; 2 blades of pounded mace, 2 cloves, 5 or 6 young onions, 1 strip of lemon-peel, 6 allspice, ½ teaspoonful of pepper, 1 teaspoonful of salt, thickening of butter and flour, 2 tablespoonfuls of sherry, 2 tablespoonfuls of tomato sauce, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of mushroom ketchup, green peas.*

*Mode.*—Cut the breast in half, after removing the bone underneath, and divide the meat into convenient-sized pieces. Put the butter into a frying-pan, lay in the pieces of veal, and fry until of a nice brown colour. Now place these in a stewpan with the herbs, mace, cloves, onions, lemon-peel, allspice, and seasoning; pour over them just sufficient boiling water to cover the meat, well close the lid, and let the whole simmer very gently for about 2 hours. Strain off as much gravy as is required, thicken it with butter and flour, add the remaining ingredients, skim well, let it simmer for about 10 minutes, then pour it over the meat. Have ready some green peas, boiled separately; sprinkle these over the veal, and serve. It may be garnished with forcemeat balls, or rashers of bacon curled and fried. Instead of cutting up the meat, many persons prefer it dressed whole; in that case it should be half-roasted before the water, &c., are put to it.

*Time, 2½ hours. Average cost, 9d. per lb. Sufficient for 5 or 6 persons. Seasonable from March to October.*

### 206.—BOILED CALF'S FEET AND PARSLEY AND BUTTER.

INGREDIENTS.—*2 calf's feet, 2 slices of bacon, 2 oz. of butter, 2 tablespoonfuls of lemon-juice, salt and whole pepper to taste, 1 onion, a bunch of savoury herbs, 4 cloves, 1 blade of mace, water, parsley and butter (No. 85).*

*Mode.*—Procure 2 white calf's feet; bone them as far as the ~~joint~~ joint,

and soak them in warm water 2 hours. Then put the bacon, butter, lemon-juice, onion, herbs, spices, and seasoning into a stewpan; lay in the feet, and pour in just sufficient water to cover the whole. Stew gently for about 3 hours; take out the feet, dish them, and cover with parsley and butter, made by recipe No. 85. The liquor the feet were boiled in should be strained and put by in a clean basin for use: it will be found very good as an addition to gravies, &c. &c.

*Time*, rather more than 3 hours. *Average cost*, in full season, 1s. each. *Sufficient* for 4 persons. *Seasonable* from March to October.

### 207.—BOILED CALF'S HEAD (with the Skin on).

**INGREDIENTS.**—*Calf's head, boiling water, bread crumbs, 1 large bunch of parsley, butter, white pepper and salt to taste, 4 tablespoonfuls of melted butter, 1 tablespoonful of lemon-juice, 2 or 3 grains of cayenne.*

**Mode.**—Put the head into boiling water, and let it remain by the side of the fire for 3 or 4 minutes; take it out, hold it by the ear, and with the back of a knife, scrape off the hair (should it not come off easily, dip the head again into boiling water). When perfectly clean, take the eyes out, cut off the ears, and remove the brain, which soak for an hour in warm water. Put the head into hot water to soak for a few minutes, to make it look white, and then have ready a stewpan, into which lay the head; cover it with cold water, and bring it gradually to boil. Remove the scum, and add a little salt, which assists to throw it up. Simmer it very gently from 2½ to 3 hours, and when nearly done, boil the brains for ¼ hour; skin and chop them, not too finely, and add a tablespoonful of minced parsley which has been previously scalded. Season with pepper and salt, and stir the brains, parsley, &c., into about 4 tablespoonfuls of melted butter; add the lemon-juice and cayenne, and keep these hot by the side of the fire. Take up the head, cut out the tongue, skin it, put it on a small dish with the brains round it; sprinkle over the head a few bread crumbs mixed with a little minced parsley; brown these before the fire, and serve with a tureen of parsley and butter, and either boiled bacon, ham, or pickled pork as an accompaniment.

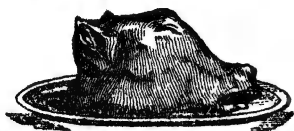
*Time*, 2½ to 3 hours. *Average cost*, according to the season, from 3s. 6d. to 7s. 6d. *Sufficient* for 8 or 9 persons. *Seasonable* from March to October.

### 208.—BOILED CALF'S HEAD (without the Skin).

**INGREDIENTS.**—*Calf's head, water, a little salt, 4 tablespoonfuls of melted butter, 1 tablespoonful of minced parsley, pepper and salt to taste, 1 tablespoonful of lemon-juice.*

**Mode.**—After the head has been thoroughly cleaned and the brains removed, soak it in warm water to blanch it. Lay the brains also into warm water to soak, and let them remain for about an hour. Put the head into a stewpan, with sufficient cold water to cover it, and when it boils, add a little salt; take off every particle of scum as it rises, and boil the head until perfectly tender. Boil the brains, chop them, and mix with them melted butter, minced parsley, pepper, salt, and lemon-juice in the above proportion. Take up the head,

skin the tongue, and put it on a small dish with the brains round it. Have ready some parsley and butter, smother the head with it, and the remainder



CALF'S HEAD.



HALF A CALF'S :

send to table in a tureen. Bacon, ham, pickled pork, or a pig's cheek, are indispensable with calf's head. The brains are sometimes chopped with hard-boiled eggs, and mixed with a little Béchamel or white sauce.

*Time*, from  $1\frac{1}{2}$  to  $2\frac{1}{4}$  hours. *Average cost*, according to the season, from 3s. 6d. to 7s. 6d. *Sufficient* for 6 or 7 persons. *Seasonable* from March to October.

*Note*.—The liquor in which the head was boiled should be saved: it makes excellent soup, and will be found a nice addition to gravies, &c. Half a calf's head is as frequently served as a whole one, it being a more convenient-sized joint for a small family. It is cooked in the same manner, and served with the same sauces, as in the preceding recipe.

### 209.—CALF'S LIVER AND BACON.

**INGREDIENTS.**—2 or 3 lbs. of liver, bacon, pepper and salt to taste, a small piece of butter, flour, 2 tablespoonfuls of lemon-juice,  $\frac{1}{2}$  pint of water.

*Mode*.—Divide the liver into thin slices, and cut nearly as many slices of bacon as there are of liver; fry the bacon first, and put that on a hot dish before the fire. Fry the liver in the fat which comes from the bacon, after seasoning it with pepper and salt and dredging over it a very little flour. Turn the liver occasionally to prevent its burning, and when done, lay it round the dish with a piece of bacon between each. Pour away the bacon fat, put in a small piece of butter, dredge in a little flour, add the lemon-juice and water, give one boil, and pour it in the middle of the dish. It may be garnished with slices of cut lemon or forcemeat balls.

*Time*, according to the thickness of the slices, from 5 to 10 minutes. *Average cost*, 10d. per lb. *Sufficient* for 6 or 7 persons. *Seasonable* from March to October.

### 210.—ROAST FILLET OF VEAL.

**INGREDIENTS.**—Veal, forcemeat (No. 100), melted butter.

*Mode*.—Have the fillet cut according to the size required; take out the bone, and after raising the skin from the meat, put under the flap a nice forcemeat, made by recipe No. 100. Prepare sufficient of this, as there should be some left to eat cold, and to season and flavour a mince if required. Skewer and bind the veal up in a round form; dredge well with flour, put it down at some distance from the fire at first, and baste continually. About  $\frac{1}{2}$  hour before serving, draw it nearer the fire, that it may acquire more colour, as the out-



FILLET OF VEAL.

side should be of a rich brown, but not burnt. Dish it, remove the skewers, which replace by a silver one; pour over the joint some good melted butter, and serve with either boiled ham, bacon, or pickled pork. Never omit to send a cut lemon to table with roast veal.

*Time*,—a fillet of veal weighing 12 lbs., about 4 hours. *Average cost*, 10d. per lb. *Sufficient* for 9 or 10 persons. *Seasonable* from March to October.

## 211.—STEWED KNUCKLE OF VEAL AND RICE.

**INGREDIENTS.**—*Knuckle of veal*, 1 onion, 2 blades of mace 1 teaspoonful of salt,  $\frac{1}{2}$  lb. of rice.

*Mode.*—Choose a small knuckle, or cut some outlets from it, that it may be just large enough to be eaten the same day it is dressed, as cold boiled veal is not a particularly tempting dish. Break the shank-bone, wash it clean, and put the meat into a stewpan with sufficient water to cover it. Let it gradually come to a boil, put in the salt, and remove the scum as fast as it rises. When it has simmered gently for about  $\frac{3}{4}$  hour, add the remaining ingredients, and stew the whole gently for  $2\frac{1}{2}$  hours. Put the meat into a deep dish, pour over it the rice, &c., and send boiled bacon and a tureen of parsley and butter to table with it.



KNUCKLE OF VEAL.

*Time*,—a knuckle of veal weighing 6 lbs., 3 hours' gentle stewing. *Average cost*, 7d. to 8d. per lb. *Sufficient* for 5 or 6 persons. *Seasonable* from March to October.

*Note.*—Macaroni, instead of rice, boiled with the veal, will be found good; or the rice and macaroni may be omitted, and the veal sent to table smothered in parsley and butter.

## 212.—ROAST LOIN OF VEAL.

**INGREDIENTS.**—*Veal*; melted butter.

*Mode.*—Paper the kidney fat; roll in and skewer the flap, which makes the joint a good shape; dredge it well with flour, and put it down to a bright fire. Should the loin be very large, skewer the kidney back for a time to roast thoroughly. Keep it well basted, and a short time before serving, remove the paper from the kidney, and allow it to acquire a nice brown colour; but it should not be burnt. Have ready some melted butter, put it into the dripping-pan after it is emptied of its contents, pour it over the veal, and serve. Garnish the dish with slices of lemon and forcemeat balls, and send to table with it, boiled bacon, ham, pickled pork, or pig's cheek.



LOIN OF VEAL.

*Time*,—a large loin, 3 hours. *Average cost*, 9 $\frac{1}{2}$ d. per lb. *Sufficient* for 7 or 8 persons. *Seasonable* from March to October.

### 213.—STEWED VEAL, with Peas, young Carrots, and new Potatoes.

**INGREDIENTS.**—3 or 4 lbs. of the loin or neck of veal, 15 young carrots, a few green onions, 1 pint of green peas, 12 new potatoes, a bunch of savoury herbs, pepper and salt to taste, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of tomato sauce, 2 tablespoonfuls of mushroom ketchup.

**Mode.**—Dredge the meat with flour, and roast or bake it for about  $\frac{3}{4}$  hour, as it should acquire a nice brown colour. Put the meat into a stewpan with the carrots, onions, potatoes, herbs, pepper and salt; pour over it sufficient boiling water to cover it, and stew gently for 2 hours. Take out the meat and herbs, put the former into a deep dish, skim off all the fat from the gravy, and flavour it with lemon-juice, tomato sauce, and mushroom ketchup in the above proportion. Have ready a pint of green peas boiled *separately*; put these with the meat, pour over it the gravy, and serve. The dish may be garnished with a few forcemeat balls. The meat, when preferred, may be cut into chops, and floured and fried instead of being roasted; and any part of veal dressed in this way will be found extremely savoury and good.

*Time*, 3 hours. *Average cost*, 9d. per lb. *Sufficient* for 6 or 7 persons. *Seasonable*, with peas, from June to August.

### 214.—VEAL À LA BOURGEOISE.

(Excellent.)

**INGREDIENTS.**—2 to 3 lbs. of the loin or neck of veal, 10 or 12 young carrots, a bunch of green onions, 2 slices of lean bacon, 2 blades of pounded mace, 1 bunch of savoury herbs, pepper and salt to taste, a few new potatoes, 1 pint of green peas.

**Mode.**—Cut the veal into outlets, trim them, and put the trimmings into a stewpan with a little butter; lay in the outlets and fry them a nice brown colour on both sides. Add the bacon, carrots, onions, spice, herbs, and seasoning; pour in about a pint of boiling water, and stew gently for 2 hours on a very slow fire. When done, skim off the fat, take out the herbs, and flavour the gravy with a little tomato sauce and ketchup. Have ready the peas and potatoes, boiled *separately*; put them with the veal, and serve.

*Time*, 2 hours. *Average cost*, 2s. 9d. *Sufficient* for 5 or 6 persons. *Seasonable* from June to August with peas;—rather earlier when these are omitted.

### 215.—VEAL CUTLETS (an Entrée).

**INGREDIENTS.**—About 3 lbs. of the prime part of the leg of veal, egg and bread crumbs, 3 tablespoonfuls of minced savoury herbs, salt and pepper to taste, a small piece of butter.

**Mode.**—Have the veal cut into slices about  $\frac{3}{4}$  of an inch in thickness, and, if not divided evenly, level the meat with a outlet-bat or rolling-pin. Shape and trim the cutlets, and brush them over with egg. Sprinkle with bread crumbs, with which have been mixed minced herbs and a seasoning of pepper and salt, and press the crumbs down. Fry them of a delicate brown in fresh lard or butter, and be careful not to burn them. They should be very



thoroughly done, but not dry. If the cutlets be thick, keep the pan covered for a few minutes at a good distance from the fire, after they have acquired a good colour: by this means, the meat will be done through. Lay the cutlets in a dish, keep them hot, and make a gravy in the pan as follows: Dredge in a little flour, add a piece of butter the size of a walnut, brown it, then pour as much boiling water as is required over it, season with pepper and salt, add a little lemon-juice, give one boil, and pour it over the cutlets. They should be garnished with slices of broiled bacon, and a few forcemeat balls will be found a very excellent addition to this dish.



VEAL CUTLETS.

*Time*,—for cutlets of a moderate thickness, about 12 minutes; if very thick, allow more time. *Average cost*, 1s. per lb. *Sufficient* for 6 persons. *Seasonable* from March to October.

*Note*.—Veal cutlets may be merely soured and fried of a nice brown; the gravy and garnishing should be the same as in the preceding recipe. They may also be cut from the loin or neck, as shown in the engraving.

## AND HAM PIE.

**INGREDIENTS.**—2 lbs. of veal cutlets,  $\frac{1}{2}$  lb. of boiled ham, 2 tablespoonfuls of minced savoury herbs,  $\frac{1}{2}$  teaspoonful of grated nutmeg, 2 blades of pounded mace, pepper and salt to taste, a strip of lemon-peel finely minced, the yolks of 2 hard-boiled eggs,  $\frac{1}{2}$  pint of water, nearly  $\frac{1}{2}$  pint of good strong gravy, puff-crust.

*Mode*.—Cut the veal into nice square pieces, and put a layer of them at the bottom of a pie-dish; sprinkle over these a portion of the herbs, spices seasoning, lemon-peel, and the yolks of the eggs cut in slices; cut the ham very thin, and put a layer of this in. Proceed in this manner until the dish is full, so arranging it that the ham comes at the top. Lay a puff-paste on the edge of the dish, and pour in about  $\frac{1}{2}$  pint of water; cover with crust, ornament it with leaves, brush it over with the yolk of an egg, and bake in a well-heated oven for 1 to 1 $\frac{1}{2}$  hour, or longer should the pie be very large. When it is taken out of the oven, pour in at the top, through a funnel, nearly  $\frac{1}{2}$  pint of strong gravy: this should be made sufficiently good that, when cold, it may cut in a firm jelly. This pie may be very much enriched by adding a few mushrooms, oysters, or sweetbreads; but it will be found very good without any of the last-named additions.

*Time*, 1 $\frac{1}{2}$  hour, or longer should the pie be very large. *Average cost*, 3s. *Sufficient* for 5 or 6 persons. *Seasonable* from March to October.

## 217.—BAKED VEAL (Cold Meat Cookery).

**INGREDIENTS.**— $\frac{1}{2}$  lb. of cold roast veal, a few slices of bacon, 1 pint of bread crumbs,  $\frac{1}{2}$  pint of good veal gravy,  $\frac{1}{2}$  teaspoonful of minced lemon-peel, 1 blade of pounded mace, cayenne and salt to taste, 4 eggs.

*Mode*.—Mince finely the veal and bacon; add the bread crumbs,

and seasoning, and stir these ingredients well together. Beat up the eggs thoroughly; add these, mix the whole well together, put into a dish, and bake from  $\frac{3}{4}$  to 1 hour. When liked, a little good gravy may be served in a tureen as an accompaniment.

*Time*, from  $\frac{3}{4}$  to 1 hour. *Average cost*, exclusive of the cold meat, 6d. *Sufficient* for 3 or 4 persons. *Seasonable* from March to October.

### 218.—VEAL CAKE (a Convenient Dish for a Picnic).

**INGREDIENTS.**—*a few slices of cold roast veal, a few slices of cold ham, 4 hard-boiled eggs, 2 tablespoonfuls of minced parsley, a little pepper, good gravy.*

*Mode.*—Cut off all the brown outside from the veal, and cut the eggs into slices. Procure a pretty mould; lay veal, ham, eggs, and parsley in layers, with a little pepper between each, and when the mould is full, get some strong stock, and fill up the shape. Bake for  $\frac{1}{2}$  hour, and when cold, turn it out.

*Time*,  $\frac{1}{2}$  hour. *Seasonable* at any time.

### 219.—SCOTCH COLLOPS (Cold Meat Cookery).

**INGREDIENTS.**—*The remains of cold roast veal, a little butter, flour,  $\frac{1}{2}$  pint of water, 1 onion, 1 blade of pounded mace, 1 tablespoonful of lemon-juice,  $\frac{1}{2}$  teaspoonful of finely-minced lemon-peel, 2 tablespoonfuls of sherry, 1 tablespoonful of mushroom ketchup.*

*Mode.*—Cut the veal the same thickness as for cutlets, rather larger than a crown-piece; flour the meat well, and fry a light brown in butter; dredge again with flour, and add  $\frac{1}{2}$  pint of water, pouring it in by degrees; set it on the fire, and when it boils, add the onion and mace, and let it simmer very gently about  $\frac{3}{4}$  hour; flavour the gravy with lemon-juice, peel, wine, and ketchup, in the above proportion; give one boil, and serve.

*Time*,  $\frac{3}{4}$  hour. *Seasonable* from March to October.

### 220.—SCOTCH COLLOPS, WHITE (Cold Meat Cookery).

**INGREDIENTS.**—*The remains of cold roast veal,  $\frac{1}{2}$  teaspoonful of grated nutmeg, 2 blades of pounded mace, cayenne and salt to taste, a little butter, 1 dessert-spoonful of flour,  $\frac{1}{2}$  pint of water, 1 teaspoonful of anchovy sauce, 1 tablespoonful of lemon-juice,  $\frac{1}{2}$  teaspoonful of lemon-peel, 1 tablespoonful of mushroom ketchup, 3 tablespoonfuls of cream, 1 tablespoonful of sherry.*

*Mode.*—Cut the veal into thin slices about 3 inches in width; score them with a knife; grate on them the nutmeg, mace, cayenne, and salt, and fry them in a little butter. Dish them, and make a gravy in the pan by putting in the remaining ingredients; give one boil, and pour it over the collops. Garnish with lemon and slices of toasted bacon, rolled. Force-meat balls may be added to this dish. If cream is not at hand, substitute the yolk of an egg beaten up well with a little milk.

*Time*, about 5 or 7 minutes. *Seasonable* from May to October.

### 221.—CURRIED VEAL (Cold Meat Cookery).

**INGREDIENTS.**—*The remains of cold roast veal, 4 onions, 2 apples sliced,*

1 tablespoonful of curry-powder, 1 dessertspoonful of flour,  $\frac{1}{2}$  pint of broth or water, 1 tablespoonful of lemon-juice.

*Mode.*—Slice the onions and apples, and fry them in a little butter; then take them out, cut the meat into neat outlets, and fry these of a pale brown; add the curry-powder and flour, put in the onion, apples, and a little broth or water, and stew gently till quite tender; add the lemon-juice, and serve with an edging of boiled rice. The curry may be ornamented with pickles, capsi-cums, and gherkins arranged prettily on the top.

*Time*,  $\frac{3}{4}$  hour. *Average cost*, exclusive of the meat, 4d. *Seasonable* from March to October.

## 222.—A METHOD OF WARMING UP A COLD FILLET OF VEAL (Cold Meat Cookery).

*INGREDIENTS.*—A small fillet of veal, 1 pint of good gravy (No. 94), a few bread crumbs, clarified butter.

*Mode.*—A fillet of veal that has been roasted the preceding day may be made really nice by dressing it in the following manner:—Take the middle out rather deep, leaving a good margin round, from which to cut nice slices, and if there should be any cracks in the veal, fill them up with forcemeat. Mince finely the meat that was taken out, mixing with it a little of the forcemeat to flavour, and stir to it sufficient gravy to make it of a proper consistency. Warm the veal in the oven for about an hour, taking care to baste it well, that it may not be dry; put the mince in the place where the meat was taken out, sprinkle a few bread crumbs over it, and drop a little clarified butter on the bread crumbs; put it into the oven for  $\frac{1}{2}$  hour to brown, and pour gravy round the sides of the dish.

*Time*, altogether, 1 $\frac{1}{2}$  hour. *Seasonable* from March to October.

## 223.—HASHED CALF'S HEAD (Cold Meat Cookery).

*INGREDIENTS.*—The remains of a cold boiled calf's head, 1 quart of the liquor in which it was boiled, a faggot of savoury herbs, 1 onion, 1 carrot, a strip of lemon-peel, 2 blades of pounded mace, salt and white pepper to taste, a very little cayenne, rather more than 2 tablespoonfuls of sherry, 1 tablespoonful of lemon-juice, 1 tablespoonful of mushroom ketchup, forcemeat balls.

*Mode.*—Cut the meat into neat slices, and put the bones and trimmings into a stewpan with the above proportion of liquor that the head was boiled in. Add a bunch of savoury herbs, 1 onion, 1 carrot, a strip of lemon-peel, and 2 blades of pounded mace, and let these boil for 1 hour, or until the gravy is reduced nearly half. Strain it into a clean stewpan, thicken it with a little butter and flour, and add a flavouring of sherry, lemon-juice, and ketchup, in the above proportion; season with pepper, salt, and a little cayenne; put in the meat, let it gradually warm through, but not boil more than two or three minutes. Garnish the dish with forcemeat balls and pieces of bacon rolled and toasted, placed alternately, and send it to table very hot.

*Time*, altogether, 1 $\frac{1}{2}$  hour. *Average cost*, exclusive of the remains of the head, 6d. *Seasonable* from March to October.

## 224.—MINCED VEAL.

**INGREDIENTS.**—*The remains of cold roast fillet or loin of veal, rather more than 1 pint of water, 1 onion,  $\frac{1}{2}$  teaspoonful of minced lemon-peel, salt and white pepper to taste, 1 blade of pounded mace, 2 or 3 young carrots, a faggot of sweet herbs, thickening of butter and flour, 1 tablespoonful of lemon-juice, 3 tablespoonfuls of cream or milk.*

**Mode.**—Take about 1 lb. of veal, and should there be any bones, dredge them with flour, and put them into a stewpan with the brown outside, and a few meat trimmings; add rather more than a pint of water, the onion cut in slices, lemon-peel, seasoning, mace, carrots, and herbs; simmer these well for rather more than 1 hour, and strain the liquor. Rub a little flour into some butter; add this to the gravy, set it on the fire, and, when it boils, skim well. Mince the veal finely by cutting, and not chopping it; put it in the gravy; let it get warmed through gradually; add the lemon-juice and cream, and, when it is on the point of boiling, serve. Garnish the dish with sippets of toasted bread and slices of bacon rolled and toasted. Force-meat balls may also be added. If more lemon-peel is liked than is stated above, put a little very finely minced to the veal, after it is warmed in the gravy.

**Time,** 1 hour to make the gravy. **Average cost,** exclusive of the cold meat, 6d. **Seasonable** from March to October.

## 225.—MINCED VEAL AND MACARONI.

*(A pretty side or corner dish.)*

**INGREDIENTS.**— $\frac{3}{4}$  lb. of minced cold roast veal, 3 oz. of ham, 3 or 4 tablespoonfuls of gravy, pepper and salt to taste,  $\frac{1}{4}$  teaspoonful of grated nutmeg,  $\frac{1}{2}$  lb. of bread crumbs,  $\frac{1}{2}$  lb. of macaroni, 1 or 2 eggs to bind, a small piece of butter.

**Mode.**—Cut some nice slices from a cold fillet of veal, trim off the brown outside, and mince the meat finely with the above proportion of ham: should the meat be very dry, add 3 or 4 spoonfuls of good gravy. Season highly with pepper and salt, add the grated nutmeg and bread crumbs, and mix these ingredients with 1 or 2 eggs well beaten, which should bind the mixture and make it like force-meat. In the mean time, boil the macaroni in salt and water, and drain it; butter a mould, put some of the macaroni at the bottom and sides of it, in whatever form is liked; mix the remainder with the force-meat, fill the mould up to the top, put a plate or small dish on it, and steam for  $\frac{1}{2}$  hour. Turn it out carefully, and serve with good gravy poured round, but not over, the meat.

**Time,**  $\frac{1}{2}$  hour. **Average cost,** exclusive of the cold meat, 10d. **Seasonable** from March to October.

**Notes.**—To make a variety, boil some carrots and turnips separately in a little salt and water; when done, cut them into pieces about  $\frac{1}{2}$  inch in thickness; butter an oval mould, and place these in it, in white and red stripes alternately, at the bottom and sides. Proceed as in the foregoing recipe, and be very careful in turning the preparation out of the mould.

## 226.—MOULDED MINCED VEAL (Cold Meat Cookery).

**INGREDIENTS.**— $\frac{3}{4}$  lb. of cold roast veal, a small slice of bacon,  $\frac{1}{2}$  teaspoonful

of minced lemon-peel,  $\frac{1}{2}$  onion chopped fine, salt, pepper, and pounded mace to taste, a slice of toast soaked in milk, 1 egg.

*Mode*.—Mince the meat very fine, after removing from it all skin and outside pieces, and chop the bacon; mix these well together, adding the lemon-peel, onion, seasoning, mace, and toast. When all the ingredients are thoroughly incorporated, beat up an egg, with which bind the mixture. Butter a shape, put in the meat, and bake for  $\frac{3}{4}$  hour; turn it out of the mould carefully, and pour round it a good brown gravy. A sheep's head dressed in this manner is an economical and savoury dish.

*Time*,  $\frac{3}{4}$  hour. *Average cost*, exclusive of the meat, 6d. *Seasonable* from March to October.

## 227.—VEAL OLIVE PIE (Cold Meat Cookery).

*INGREDIENTS*.—A few thin slices of cold fillet of veal, a few thin slices of bacon, forcemeat No. 100, a cupful of gravy,  $\frac{1}{4}$  tablespoonful of cream, puff-crust.

*Mode*.—Cut thin slices from a fillet of veal, place on them thin slices of bacon, and over them a layer of forcemeat, made by recipe No. 100, with an additional seasoning of shalot and cayenne; roll them tightly, and fill up a pie-dish with them; add the gravy and cream, cover with a puff-crust, and bake for 1 to  $1\frac{1}{2}$  hour: should the pie be very large, allow 2 hours. The pieces of rolled veal should be about 8 inches in length, and about 3 inches round.

*Time*, moderate-sized pie, 1 to  $1\frac{1}{2}$  hour. *Seasonable* from March to October.

## 228.—FRIED PATTIES (Cold Meat Cookery).

*INGREDIENTS*.—Cold roast veal, a few slices of cold ham, 1 egg boiled hard, pounded mace, pepper and salt to taste, gravy, cream, 1 teaspoonful of minced lemon-peel, good puff-paste.

*Mode*.—Mince a little cold veal and ham, allowing one-third ham to two-thirds veal; add an egg boiled hard and chopped, and a seasoning of pounded mace, salt, pepper, and lemon-peel; moisten with a little gravy and cream. Make a good puff-paste; roll rather thin, and cut it into round or square pieces; put the mince between two of them, pinch the edges to keep in the gravy, and fry a light brown. They may be also baked in patty-pans: in that case, they should be brushed over with the yolk of an egg before they are put in the oven. To make a variety, oysters may be substituted for the ham.

*Time*, 15 minutes to fry the patties. *Seasonable* from March to October.

## 229.—RAGOUT OF COLD VEAL (Cold Meat Cookery).

*INGREDIENTS*.—The remains of cold veal, 1 oz. of butter,  $\frac{1}{2}$  pint of gravy, thickening of butter and flour, pepper and salt to taste, 1 blade of pounded mace, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of sherry, 1 dessertspoonful of lemon-juice, forcemeat balls.

*Mode*.—Any part of veal will make this dish. Cut the meat into nice-looking pieces, put them in a stewpan with 1 oz. of butter, and fry a light

brown ; add the gravy (hot water may be substituted for this), thickened with a little butter and flour, and stew gently about  $\frac{1}{2}$  hour ; season with pepper, salt, and pounded mace ; add the ketchup, sherry, and lemon-juice ; give one boil, and serve. Garnish the dish with forcemeat balls and fried rashers of bacon.

*Time*, altogether,  $\frac{1}{2}$  hour. *Average cost*, exclusive of the cold meat, 6d. *Seasonable* from March to October.

*Note*.—The above recipe may be varied, by adding vegetables, such as peas, cucumbers, lettuces, green onions cut in slices, a dozen or two of green gooseberries (not seedy), all of which should be fried a little with the meat, and then stewed with the gravy.

### 230.—VEAL RISsoles (Cold Meat Cookery).

**INGREDIENTS.**—*A few slices of cold roast veal, a few slices of ham or bacon, 1 tablespoonful of minced parsley, 1 tablespoonful of minced savoury herbs, 1 blade of pounded mace, a very little grated nutmeg, cayenne and salt to taste, 2 eggs well beaten, bread crumbs.*

*Mode*.—Mince the veal very finely with a little ham or bacon ; add the parsley, herbs, spices, and seasoning ; mix into a paste with an egg ; form into balls or cones ; brush these over with egg, sprinkle with bread crumbs, and fry a rich brown. Serve with brown gravy, and garnish the dish with fried parsley.

*Time*, about 10 minutes to fry the rissoles. *Seasonable* from March to October.

### 231.—VEAL ROLLS (Cold Meat Cookery).

**INGREDIENTS.**—*The remains of a cold fillet of veal, egg and bread crumbs, a few slices of fat bacon, forcemeat (No. 100).*

*Mode*.—Cut a few slices from a cold fillet of veal  $\frac{1}{2}$  inch thick ; rub them over with egg ; lay a thin slice of fat bacon over each piece of veal ; brush these with the egg, and over this spread the forcemeat thinly ; roll up each piece tightly, egg and bread crumb them, and fry them a rich brown. Serve with mushroom sauce or brown gravy.

*Time*, 10 to 15 minutes to fry the rolls. *Seasonable* from March to October.

## POULTRY, AND COLD POULTRY COOKERY.

### 232.—ROAST DUCKS.

**INGREDIENTS.**—*A couple of ducks, sage-and-onion stuffing (No. 101), a little flour.*

*Choosing and Trussing.*—Choose plump ducks, with thick and yellowish feet. They should be trussed with the feet on, which should be scalded, and the skin peeled off, and then turned up close to the legs. Run a skewer through the middle of each leg, after having drawn them as close as possible to the body, to plump up the breast, passing the same quite through the body. Cut off the heads and necks, and the pinions at the first joint ; bring

these close to the sides, twist the feet round, and truss them at the back of the bird. After the duck is stuffed, both ends should be secured with strings, so as to keep in the seasoning.

*Mode.*—To insure ducks being tender, never dress them the same day they are killed; and if the weather permits, let them hang a day or two. Make a stuffing of sage and onion sufficient for one duck, and leave the other unseasoned, as the flavour is not liked by everybody. Put them down to a brisk clear fire, and keep them well basted the whole of the time they are cooking. A few minutes before serving, dredge them lightly with flour, to make them froth and look plump, and when the steam draws towards the fire, send them to table hot and quickly, with a good brown gravy poured round, but not over the ducks, and a little of the same in a tureen. When in season, green peas should invariably accompany this dish.



ROAST DUCK.

*Time*, full-grown ducks from  $\frac{3}{4}$  to 1 hour; ducklings, from 25 to 35 minutes. *Average cost*, from 2s. 6d. to 3s. 0d. each. *Sufficient*,—a couple of ducks for 6 or 7 persons. *Seasonable*,—ducklings from April to August; ducks from November to February.

*Note.*—Ducklings are trussed and roasted in the same manner, and served with the same sauces and accompaniments. When in season, apple sauce must not be omitted.

### 233.—BOILED FOWLS OR CHICKENS.

**INGREDIENTS.**—A pair of fowls; water.

*Choosing and Trussing.*—In choosing fowls for boiling, it should be borne in mind that those that are not black-legged are generally much whiter when dressed. Pick, draw, singe, wash, and truss them in the following manner, without the livers in the wings; and, in drawing, be careful not to break the gall-bladder:—Cut off the neck, leaving sufficient skin to skewer back. Cut the feet off to the first joint, tuck the stumps into a slit made on each side of the belly, twist the wings over the back of the fowl, and secure the top of the leg and the bottom of the wing together by running a skewer through them and the body. The other side must be done in the same manner. Should the fowl be very large and old, draw the sinews of the legs before tucking them in. Make a slit in the apron of the fowl, large enough to admit the parson's nose, and tie a string on the tops of the legs to keep them in their proper place.

*Mode.*—When they are firmly trussed, put them into a stewpan with plenty of hot water; bring it to boil, and carefully remove all the scum as it rises. *Simmer very gently* until the fowl is tender, and bear in mind that the slower it boils, the plumper and whiter will the fowl be. Many cooks wrap them in a floured cloth to preserve the colour, and to prevent the scum from clinging to them; in this case, a few slices of lemon should be placed on the breast; over these a sheet of buttered paper, and then the cloth: cooking them in this



BOILED FOWL.

manner renders the flesh very white. Boiled ham, bacon, boiled tongue, or pickled pork, are the usual accompaniments to boiled fowls, and they may be served with Béchamel, white sauce, parsley and butter, oyster, lemon, liver, celery, or mushroom sauce. A little should be poured over the fowls, after the skewers are removed, and the remainder sent in a tureen to table.

*Time*,—large fowl, 1 hour; moderate-sized one,  $\frac{3}{4}$  hour; chicken, from 20 minutes to  $\frac{1}{2}$  hour. *Average cost*, in full season, 6s. the pair. *Sufficient for* 7 or 8 persons. *Seasonable* all the year, but scarce in early spring.

### 234.—BOILED FOWL (with Oysters).

(*Excellent.*)

**INGREDIENTS.**—1 young fowl, 1 dozen oysters, the yolks of 2 eggs,  $\frac{1}{2}$  pint of cream.

*Mode.*—Truss a young fowl as for boiling; fill the inside with oysters which have been bearded and washed in their own liquor; secure the ends of the fowl, put it into a jar, and plunge the jar into a saucepan of boiling water. Keep it boiling for  $1\frac{1}{2}$  hour, or rather longer; then take the gravy that has flowed from the oysters and fowl, of which there will be a good quantity; stir in the cream and yolks of eggs, add a few oysters scalded in their liquor; let the sauce get quite hot, but do not allow it to boil; pour some of it over the fowl, and the remainder send to table in a tureen. A blade of pounded mace added to the sauce, with the cream and eggs, will be found an improvement.

*Time*,  $1\frac{1}{2}$  hour. *Average cost*, 4s. 6d. *Sufficient for* 3 or 4 persons. *Seasonable* from September to April.

### 235.—CURRIED FOWL.

**INGREDIENTS.**—1 fowl, 2 oz. of butter, 3 onions sliced, 1 pint of white veal gravy, 1 tablespoonful of curry-powder, 1 tablespoonful of flour, 1 apple, 4 tablespoonfuls of cream, 1 tablespoonful of lemon-juice.

*Mode.*—Put the butter into a stewpan, with the onions sliced, the fowl cut into small joints, and the apple peeled, cored, and minced. Fry of a pale brown, add the stock, and stew gently for 20 minutes; rub down the curry-powder and flour with a little of the gravy, quite smoothly, and stir this to the other ingredients; simmer for rather more than  $\frac{1}{2}$  hour, and just before serving, add the above proportion of hot cream and lemon-juice. Serve with boiled rice, which may either be heaped lightly on a dish by itself, or put round the curry as a border.

*Time*, 50 minutes. *Average cost*, 3s. 3d. *Sufficient for* 3 or 4 persons. *Seasonable* in the winter.

*Notes.*—This curry may be made of cold chicken, but undressed meat will be found far superior.

### 236.—ROAST FOWLS.

**INGREDIENTS.**—A pair of fowls; a little flour.

*Mode.*—Fowls to be tender should be killed a couple of days before they are dressed; when the feathers come out easily, then let them be plucked and



soaked. In drawing them, be careful not to break the gall-bag, as, wherever it touches, it would impart a very bitter taste; the liver and gizzard should also be preserved. Truss them in the following manner:—After having carefully picked them, cut off the head, and skewer the skin of the neck down over the back. Cut off the claws; dip the legs in boiling water, and scrape them; turn the pinions under; run a skewer through them and the middle of the legs, which should be passed through the body to the pinion and leg on the other side, one skewer securing the limbs on both sides. The liver and gizzard should be placed in the wings, the liver on one side and the gizzard on the other. Tie the legs together by passing a trussing-needle, threaded with twine, through the backbone, and secure it on the other side. If trussed like a capon, the legs are placed more apart. When firmly trussed, singe them all over; put them down to a bright clear fire, paper the breasts with a sheet of buttered paper, and keep the fowls well basted. Roast them for  $\frac{3}{4}$  hour, more or less, according to the size, and 10 minutes before serving, remove the paper, dredge the fowls with a little fine flour, put a piece of butter into the basting-ladle, and as it melts, baste the fowls with it; when nicely frothed and of a rich colour, serve with good brown gravy, a little of which should be poured over the fowls, and a tureen of well-made bread sauce (No. 76). Mushroom, oyster, or egg sauce are very suitable accompaniments to roast fowl. Chicken is roasted in the same manner.



ROAST FOWL.

*Time*,—a very large fowl quite 1 hour, medium-sized one  $\frac{3}{4}$  hour, chicken  $\frac{1}{2}$  hour, or rather longer. *Average cost*, in full season, 6s. a pair; when scarce, 7s. 6d. the pair. *Sufficient* for 6 or 7 persons. *Seasonable* all the year, but scarce in early spring.

### 237.—GIBLET PIE.

**INGREDIENTS.**—A set of duck or goose giblets, 1 lb. of rump-steak, 1 onion,  $\frac{1}{2}$  teaspoonful of whole black pepper, a bunch of savoury herbs, plain crust.

*Mode.*—Clean, and put the giblets into a stewpan with an onion, whole pepper, and a bunch of savoury herbs; add rather more than a pint of water, and simmer gently for about  $1\frac{1}{2}$  hour. Take them out, let them cool, and cut them into pieces; line the bottom of a pie-dish with a few pieces of rump-steak; add a layer of giblets, and a few more pieces of steak; season with pepper and salt, and pour in the gravy (which should be strained) that the giblets were stewed in; cover with a plain crust, and bake for rather more than  $1\frac{1}{2}$  hour in a brisk oven. Cover a piece of paper over the pie, to prevent the crust taking too much colour.

*Time*,  $1\frac{1}{2}$  hour to stew the giblets, about 1 hour to bake the pie. *Average cost*, exclusive of the giblets, 1s. 4d. *Sufficient* for 5 or 6 persons.

### 238.—ROAST GOOSE.

**INGREDIENTS.**—Goose, 4 large onions, 10 sage-leaves,  $\frac{1}{4}$  lb. of bread crumbs,  $1\frac{1}{2}$  oz. of butter, salt and pepper to taste, 1 egg.

*Choosing and Trussing.*—Select a goose with a clean white skin, plump breast, and yellow feet: if these latter are red, the bird is old. Should the weather permit, let it hang for a few days: by so doing, the flavour will be very much improved. Pluck, singe, draw, and carefully wash and wipe the goose; cut off the neck close to the back, leaving the skin long enough to turn over; cut off the feet at the first joint, and separate the pinions at the first joint. Beat the breast-bone flat with a rolling-pin, put a skewer through the under part of each wing, and, having drawn up the legs closely, put a skewer into the middle of each, and pass the same quite through the body. Insert another skewer into the small of the leg, bring it close down to the side-bone, run it through, and do the same to the other side. Now cut off the end of the vent, and make a hole in the skin sufficiently large for the passage of the rump, in order to keep in the seasoning.

*Mode.*—Make a sage-and-onion stuffing of the above ingredients by recipe No. 101; put it into the body of the goose, and secure it firmly at both ends, by passing the rump through the hole made in the skin, and the other end by tying the skin of the neck to the back: by this means the seasoning will not escape. Put it down to a brisk fire, keep it well basted, and roast from  $1\frac{1}{2}$  to



ROAST GOOSE.

2 hours, according to the size. Remove the skewers, and serve with a tureen of good gravy, and one of well-made apple sauce should a very highly-flavoured seasoning be preferred, the onions should not be par-boiled, but minced raw: of the two methods, the mild seasoning is far superior. A ragout,

or pie, should be made of the giblets, or they may be stewed down to make gravy. Be careful to serve the goose before the breast falls, or its appearance will be spoiled by coming flattened to table. As this is rather a troublesome joint to carve, a large quantity of gravy should not be poured round the goose, but sent in a tureen.

*Time*,—a large goose,  $1\frac{1}{2}$  hour; a moderate-sized one,  $1\frac{1}{2}$  to  $1\frac{1}{2}$  hour. *Average cost*, 6s. 6d. each. *Sufficient* for 8 or 9 persons. *Seasonable* from September to March; but in perfection from Michaelmas to Christmas.

*Note.*—A teaspoonful of made mustard, a saltspoonful of salt, a few grains of cayenne, mixed with a glass of port wine, are sometimes poured into the goose by a slit made in the apron. This sauce is, by many persons, considered an improvement.

### 239.—PIGEON PIE (Epsom Grand-Stand Recipe).

**INGREDIENTS.**— $1\frac{1}{2}$  lb. of rump-steak, 2 or 3 pigeons, 3 slices of ham, pepper and salt to taste, 2 oz. of butter, 4 eggs, puff-crust.

*Mode.*—Cut the steak into pieces about 3 inches square, and with it line the bottom of a pie-dish, seasoning it well with pepper and salt. Clean the pigeons, rub them with pepper and salt inside and out, and put into the body of each rather more than  $\frac{1}{2}$  oz. of butter; lay them on the steak, and a piece of ham on each pigeon. Add the yolks of 4 eggs, and half fill the dish with stock; place a border of puff-paste round the edge of the dish, put on

the cover, and ornament it in any way that may be preferred. Clean three of the feet, and place them in a hole made in the crust at the top: this shows what kind of pie it is. Glaze the crust,—that is to say, brush it over with the yolk of an egg,—and bake it in a well-heated oven for about  $1\frac{1}{2}$  hour. When liked, a seasoning of pounded mace may be added.

*Time*,  $1\frac{1}{2}$  hour, or rather less. *Average cost*, 5s. 3d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

#### 240.—ROAST PIGEONS.

**INGREDIENTS.**—*Pigeons*, 3 oz. of *butter*, *pepper* and *salt* to taste.

**Trussing.**—Pigeons, to be good, should be eaten fresh (if kept a little, the flavour goes off), and they should be drawn as soon as killed. Cut off the heads and necks, truss the wings over the backs, and cut off the toes at the first joint: previous to trussing, they should be carefully cleaned, as no bird requires so much washing.

**Mode.**—Wipe the birds very dry, season them inside with pepper and salt, and put about  $\frac{3}{4}$  oz. butter into the body of each: this makes them moist. Put them down to a bright fire, and baste them well the whole of the time they are cooking (they will be done enough in from 20 to 30 minutes); garnish with fried parsley, and serve with a tureen of parsley and butter. Bread-sauce and gravy, the same as for roast fowl, are exceedingly nice accompaniments to roast pigeons, as also egg-sauce.



ROAST PIGEON.

*Time*, from 20 minutes to  $\frac{1}{2}$  hour. *Average cost*, 9d. to 1s. each. *Seasonable* from April to September; but in the greatest perfection from Midsummer to Michaelmas.

#### 241.—BOILED TURKEY.

**INGREDIENTS.**—*Turkey*; *forcemeat* (No. 100).

**Choosing and Trussing.**—Hen turkeys are preferable for boiling, on account of their whiteness and tenderness, and one of moderate size should be selected, as a large one is not suitable for this mode of cooking. They should not be dressed until they have been killed 3 or 4 days, as they will neither look white, nor will they be tender. Pluck the bird, carefully draw, and singe it with a piece of white paper; wash it inside and out, and wipe it thoroughly dry with a cloth. Cut off the head and neck, draw the strings or sinews of the thighs, and cut off the legs at the first joint; draw the legs into the body, and fill the breast with forcemeat made by recipe No. 100; run a skewer through the wing and the middle joint of the leg, quite into the leg and wing on the opposite side; break the breastbone, and make the bird look as round and as compact as possible.

**Mode.**—Put the turkey into sufficient hot water to cover it; let it come to a boil, then carefully remove all the scum: if this is attended to, there is no occasion to boil the bird in a floured cloth; but it should be well covered with the water. Let it simmer very gently for about  $1\frac{1}{2}$  hour to  $1\frac{3}{4}$  hour,

according to the size, and serve with either white, celery, oyster, or mushroom sauce, or parsley-and-butter, a little of which should be poured over the turkey. Boiled ham, bacon, tongue, or pickled pork, should always accompany this dish; and when oyster sauce is served, the turkey should be stuffed with oyster forcemeat.



BOILED TURKEY.

*Time*,—a small turkey, 1½ hour; a large one, 1¾ hour. *Average cost*, 5s. 6d. to 7s. 6d.

each, but more expensive at Christmas, on account of the great demand. *Sufficient* for 7 or 8 persons. *Seasonable* from December to February.

### 242.—ROAST TURKEY.

**INGREDIENTS.**—Turkey; forcemeat (No. 100).

*Choosing and Trussing.*—Choose cock turkeys by their short spurs and black legs, in which case they are young; if the spurs are long, and the legs pale and rough, they are old. If the bird has been long killed, the eyes will appear sunk and the feet very dry; but if fresh, the contrary will be the case. Middling-sized fleshy turkeys are by many persons considered superior to those of an immense growth, as they are, generally speaking, much more tender. They should never be dressed the same day they are killed; but, in cold weather, should hang at least 8 days; if the weather is mild, 4 or 5 days will be found sufficient. Carefully pluck the bird, singe it with white paper, and wipe it thoroughly with a cloth; draw it, preserve the liver and gizzard, and be particular not to break the gall-bag, as no washing will remove the bitter taste it imparts where it once touches. Wash it *inside* well, and wipe it thoroughly dry with a cloth; the *outside* merely requires nicely wiping, as we have just stated. Cut off the neck close to the back, but leave enough of the crop-skin to turn over; break the leg-bone close below the knee, draw out the strings from the thighs, and flatten the breast-bone to make it look plump. Have ready a forcemeat made by recipe No. 100; fill the breast with this,



ROAST TURKEY.

and, if a trussing-needle is used, sew the neck over to the back; if a needle is not at hand, a skewer will answer the purpose. Run a skewer through the pinion and thigh into the body to the pinion and thigh on the other side, and press the legs as much as possible between the breast and the side bones, and

put the liver under one pinion and the gizzard under the other. Pass a string across the back of the bird, catch it over the points of the skewer, tie it in the centre of the back, and be particular that the turkey is very firmly trussed. This may be more easily accomplished with a needle and twine than with skewers.

*Mode.*—Fasten a sheet of buttered paper on to the breast of the bird, put it down to a bright fire, at some little distance at first (afterwards draw it nearer), and keep it well basted the whole of the time it is cooking. About ½ hour

before serving remove the paper, dredge the turkey lightly with flour, and put a piece of butter into the basting-ladle; as the butter melts, baste the bird with it. When of a nice brown and well frothed, serve with a tureen of good brown gravy and one of bread sauce. Fried sausages are a favourite addition to roast turkey; they make a pretty garnish, besides adding very much to the flavour. When these are not at hand, a few forcemeat balls should be placed round the dish as a garnish. Turkey may also be stuffed with sausage-meat, and a chestnut forcemeat with the same sauce is, by many persons, much esteemed as an accompaniment to this favourite dish.

*Time*,—small turkey,  $1\frac{1}{2}$  hour; moderate-sized one, about 10 lbs., 2 hours. large turkey,  $2\frac{1}{2}$  hours, or longer. *Average cost*, from 10s. to 12s.; but expensive at Christmas, on account of the great demand. *Sufficient*,—a moderate-sized turkey for 7 or 8 persons. *Seasonable* from December to February.

#### 243.—FRENCH CHICKEN CUTLETS (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast or boiled fowl, fried bread, clarified butter, the yolk of 1 egg, bread crumbs,  $\frac{1}{2}$  teaspoonful of finely-minced lemon-peel; salt, cayenne, and mace to taste. For sauce*,—1 oz. of butter, 2 minced shalots, a few slices of carrot, a small bunch of savoury herbs, including parsley, 1 blade of pounded mace, 6 peppercorns,  $\frac{1}{2}$  pint of gravy.

*Mode.*—Cut the fowls into as many nice cutlets as possible; take a corresponding number of sippets about the same size, all cut one shape; fry them a pale brown, put them before the fire, then dip the cutlets into clarified butter mixed with the yolk of an egg, covered with bread crumbs seasoned in the above proportion, with lemon-peel, mace, salt, and cayenne; fry them for about 5 minutes, put each piece on one of the sippets, pile them high in the dish, and serve with the following sauce, which should be made ready for the cutlets. Put the butter into a stewpan, add the shalots, carrot, herbs, mace, and peppercorns; fry for 10 minutes or rather longer; pour in  $\frac{1}{2}$  pint of good gravy, made of the chicken bones, stew gently for 20 minutes, strain it, and serve.

*Time*, 5 minutes to fry the cutlets; 35 minutes to make the gravy. *Average cost*, exclusive of the chicken, 9d. *Seasonable* from April to July.

#### 244.—CHICKEN OR FOWL SALAD.

**INGREDIENTS.**—*The remains of cold roast or boiled chicken, 2 lettuces, a little endive, 1 cucumber, a few slices of boiled beetroot, salad-dressing (No. 109).*

*Mode.*—Trim neatly the remains of the chicken; wash, dry, and slice the lettuces, and place in the middle of a dish; put the pieces of fowl on the top, and pour the salad-dressing over them. Garnish the edge of the salad with hard-boiled eggs cut in rings, sliced cucumber, and boiled beetroot cut in slices. Instead of cutting the eggs in rings, the yolks may be rubbed through a hair sieve, and the whites chopped very finely, and arranged on the salad in small bunches, yellow and white alternately. This salad should not be made long before it is wanted for table.

*Average cost*, exclusive of the cold chicken, 8d. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

#### 245.—CURRIED FOWL OR CHICKEN (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast fowls, 2 large onions, 1 apple, 2 oz. of butter, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour,  $\frac{1}{2}$  pint of gravy, 1 tablespoonful of lemon-juice.*

**Mode.**—Slice the onions, peel, core, and chop the apple, and cut the fowl into neat joints; fry these in the butter of a nice brown; then add the curry-powder, flour, and gravy, and stew for about 20 minutes. Put in the lemon-juice, and serve with boiled rice, either placed in a ridge round the dish or separately. Two or three shalots or a little garlic may be added, if approved.

*Time*, altogether,  $\frac{1}{2}$  hour. *Average cost*, exclusive of the cold fowl, 6d. *Seasonable* in the winter.

#### 246.—HASHED DUCK (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast duck, rather more than 1 pint of weak stock or water, 1 onion, 1 oz. of butter, thickening of butter and flour, salt and cayenne to taste,  $\frac{1}{2}$  teaspoonful of minced lemon-peel, 1 dessertspoonful of lemon-juice,  $\frac{1}{2}$  glass of port wine.*

**Mode.**—Cut the duck into nice joints, and put the trimmings into a stewpan; slice and fry the onion in a little butter; add these to the trimmings, pour in the above proportion of weak stock or water, and stew gently for one hour. Strain the liquor, thicken it with butter and flour, season with salt and cayenne, and add the remaining ingredients; boil it up and skim well; lay in the pieces of duck, and let them get thoroughly hot through by the side of the fire, but do not allow them to boil: they should soak in the gravy for about  $\frac{1}{2}$  hour. Garnish with sippets of toasted bread. The hash may be made richer by using a stronger and more highly-flavoured gravy; a little spice or pounded mace may also be added, when their flavour is liked.

*Time*,  $1\frac{1}{2}$  hour. *Average cost*, exclusive of the cold duck, 4d. *Seasonable* from November to February; ducklings, from May to August.

#### 247.—STEWED DUCK AND PEAS (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast duck, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 tablespoonful of flour, 2 pints of thin gravy, 1 large onion, or a small bunch of green onions, 3 sprigs of parsley, 3 cloves, 1 pint of young green peas, cayenne and salt to taste, 1 teaspoonful of pounded sugar.*

**Mode.**—Put the butter into a stewpan; cut up the duck into joints; lay them in with the slices of lean ham or bacon; make it brown, then dredge in a tablespoonful of flour, and stir this well in before adding the gravy. Put in the onion, parsley, cloves, and gravy, and when it has simmered for  $\frac{1}{2}$  hour, add a pint of young green peas, and stew gently for about  $\frac{1}{2}$  hour. Season with cayenne, salt, and sugar; take out the duck, place it round the dish, and the peas in the middle. To insure the peas being of a good colour, they should be boiled separately.

*Time*,  $\frac{3}{4}$  hour. *Average cost*, exclusive of the cold duck, 1s. *Seasonable* from June to August.

#### 248.—STEWED DUCK AND PEAS (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast duck*,  $\frac{1}{2}$  pint of good gravy, cayenne and salt to taste,  $\frac{1}{2}$  teaspoonful of minced lemon-peel, 1 teaspoonful of pounded sugar, 2 oz. of butter rolled in flour,  $1\frac{1}{2}$  pint of green peas.

*Mode.*—Cut up the duck into joints, lay it in the gravy, and add a seasoning of cayenne, salt, and minced lemon-peel; let this gradually warm through, but not boil. Throw the peas into boiling water slightly salted, and boil them rapidly until tender. Drain them, stir in the pounded sugar, and the butter rolled in flour; shake them over the fire for two or three minutes, and serve in the centre of the dish, with the duck laid round.

*Time*, 15 minutes to boil the peas, when they are full grown. *Average cost*, exclusive of the cold duck, 10d. *Seasonable* from June to August.

#### 249.—STEWED DUCK AND TURNIPS (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast duck*,  $\frac{1}{2}$  pint of good gravy, 4 shalots, a few slices of carrot, a small bunch of savoury herbs, 1 blade of pounded mace, 1 lb. of turnips, weighed after being peeled, 2 oz. of butter, pepper and salt to taste.

*Mode.*—Cut up the duck into joints, fry the shalots, carrots, and herbs, and put them, with the duck, into the gravy; add the pounded mace, and stew gently for 20 minutes or  $\frac{1}{2}$  hour. Cut about 1 lb. of turnips, weighed after being peeled, into  $\frac{1}{2}$ -inch squares, put the butter into a stewpan, and stew them till quite tender, which will be in about  $\frac{1}{2}$  hour, or rather more; season with pepper and salt, and serve in the centre of the dish, with the duck, &c. laid round.

*Time*, rather more than  $\frac{1}{2}$  hour to stew the turnips. *Average cost*, exclusive of the cold duck, 1s. *Seasonable* from November to February.

#### 250.—FRICASSEED FOWL (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast fowl*, 1 strip of lemon-peel, 1 blade of pounded mace, 1 bunch of savoury herbs, 1 onion, pepper and salt to taste, 1 pint of water, 1 teaspoonful of flour,  $\frac{1}{2}$  pint of cream, the yolks of 2 eggs.

*Mode.*—Carve the fowls into nice joints; make gravy of the trimmings and legs, by stewing them with the lemon-peel, mace, herbs, onion, seasoning, and water, until reduced to  $\frac{1}{2}$  pint; then strain, and put in the fowl. Warm it through, and thicken with a teaspoonful of flour; stir the yolks of the eggs into the cream; add these to the sauce, let it get thoroughly hot, but do not allow it to boil, or it will curdle.

*Time*, 1 hour to make the gravy,  $\frac{1}{2}$  hour to warm the fowl. *Average cost*, exclusive of the cold chicken, 8d. *Seasonable* at any time.

#### 251.—FRIED FOWLS (Cold Poultry Cookery).

I.

**INGREDIENTS.**—*The remains of cold roast fowls*, vinegar, salt, and cayenne to

*taste, 3 or 4 minced shalots. For the batter,—½ lb. of flour, ½ pint of hot water, 2 oz. of butter, the whites of 2 eggs.*

*Mode.*—Cut the fowl into nice joints; steep them for an hour in a little vinegar, with salt, cayenne, and minced shalots. Make the batter by mixing the flour and water smoothly together; melt in it the butter, and add the whites of egg beaten to a froth; take out the pieces of fowl, dip them in the batter, and fry, in boiling lard, a nice brown. Pile them high in the dish, and garnish with fried parsley or rolled bacon. When approved, a sauce or gravy may be served with them.

*Time*, 10 minutes to fry the fowl. *Average cost*, exclusive of the cold fowl, 8d. *Seasonable* at any time.

## 252.—FRIED FOWLS.

### II.

*INGREDIENTS.*—*The remains of cold roast fowl, vinegar, salt and cayenne to taste, 4 minced shalots, yolk of egg; to every teacupful of bread crumbs allow 1 blade of pounded mace, ½ teaspoonful of minced lemon-peel, 1 saltspoonful of salt, a few grains of cayenne.*

*Mode.*—Steep the pieces of fowl as in the preceding recipe, then dip them into the yolk of an egg or clarified butter; sprinkle over bread crumbs with which have been mixed salt, mace, cayenne, and lemon-peel in the above proportion. Fry a light brown, and serve with or without gravy, as may be preferred.

*Time*, 10 minutes to fry the fowl. *Average cost*, exclusive of the cold fowl, 6d. *Seasonable* at any time.

## 253.—HASHED FOWL—an Entrée (Cold Poultry Cookery).

*INGREDIENTS.*—*The remains of cold roast fowl, 1 pint of water, 1 onion, 2 or 3 small carrots, 1 blade of pounded mace, pepper and salt to taste, 1 small bunch of savoury herbs, thickening of butter and flour, 1½ tablespoonful of mushroom ketchup.*

*Mode.*—Cut off the best joints from the fowl, and the remainder make into gravy, by adding to the bones and trimmings a pint of water, an onion sliced and fried of a nice brown, the carrots, mace, seasoning, and herbs. Let these stew gently for 1½ hour; strain the liquor, and thicken with a little flour and butter. Lay in the fowl, thoroughly warm it through, add the ketchup, and garnish with sippets of toasted bread.

*Time*, altogether, 1½ hour. *Average cost*, exclusive of the cold fowl, 4d. *Seasonable* at any time.

## 254.—HASHED FOWL, Indian Fashion (an Entrée).

*INGREDIENTS.*—*The remains of cold roast fowl, 3 or 4 sliced onions, 1 apple, 2 oz. of butter, pounded mace, pepper and salt to taste, 1 tablespoonful of curry-powder, 2 tablespoonfuls of vinegar, 1 tablespoonful of flour, 1 teaspoonful of pounded sugar, 1 pint of gravy.*

*Mode.*—Cut the onions into slices, mince the apple, and fry these in the butter; add pounded mace, pepper, salt, curry-powder, vinegar, flour, and sugar in the above proportions; when the onion is brown, put in the



which should be previously made from the bones and trimmings of the fowl, and stew for  $\frac{3}{4}$  hour; add the fowl, cut into nice-sized joints, let it warm through, and when quite tender, serve. The dish should be garnished with an edging of boiled rice.

*Time*, 1 hour. *Average cost*, exclusive of the fowl, 8d. *Seasonable* at any time.

### 255.—MINCED FOWL—an Entrée (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast fowl*, 2 hard-boiled eggs, salt, cayenne, and pounded mace, 1 onion, 1 faggot of savoury herbs, 6 tablespoonfuls of cream, 1 oz. of butter, 2 teaspoonfuls of flour,  $\frac{1}{2}$  teaspoonful of finely-minced lemon-peel, 1 tablespoonful of lemon-juice.

**Mode.**—Cut out from the fowl all the white meat, and mince it finely without any skin or bone; put the bones, skin, and trimmings into a stewpan with an onion, a bunch of savoury herbs, a blade of mace, and nearly a pint of water; let this stew for an hour, then strain the liquor. Chop the eggs small; mix them with the fowl; add salt, cayenne, and pounded mace; put in the gravy and remaining ingredients; let the whole just boil, and serve with sip-pets of toasted bread.

*Time*, rather more than 1 hour. *Average cost*, exclusive of the fowl, 8d. *Seasonable* at any time.

### 256.—RAGOUT OF FOWL.

**INGREDIENTS.**—*The remains of cold roast fowls*, 3 shalots, 2 blades of mace, a faggot of savoury herbs, 2 or 3 slices of lean ham, 1 pint of stock or water, pepper and salt to taste, 1 onion, 1 dessertspoonful of flour, 1 tablespoonful of lemon-juice,  $\frac{1}{2}$  teaspoonful of pounded sugar, 1 oz. of butter.

**Mode.**—Cut the fowls up into neat pieces, the same as for a fricassée; put the trimmings into a stewpan with the shalots, mace, herbs, ham, onion, and stock (water may be substituted for this). Boil it slowly for 1 hour, strain the liquor, and put a small piece of butter into a stewpan; when melted, dredge in sufficient flour to dry up the butter, and stir it over the fire. Put in the strained liquor, boil for a few minutes, and strain it again over the pieces of fowl. Squeeze in the lemon-juice, add the sugar and a seasoning of pepper and salt, make it hot, but do not allow it to boil; lay the fowl neatly on the dish, and garnish with croûtons.

*Time*, altogether,  $1\frac{1}{2}$  hour. *Average cost*, exclusive of the cold fowl, 9d. *Seasonable* at any time.

### 257.—FOWL SAUTÉ WITH PEAS (an Entrée).

**INGREDIENTS.**—*The remains of cold roast fowl*, 2 oz. of butter, pepper, salt, and pounded mace to taste, 1 dessertspoonful of flour,  $\frac{1}{2}$  pint of weak stock, 1 pint of green peas, 1 teaspoonful of pounded sugar.

**Mode.**—Cut the fowl into nice pieces; put the butter into a stewpan; sauté or fry the fowl a nice brown colour, previously sprinkling it with pepper, salt, and pounded mace. Dredge in the flour, shake the ingredients well round, then add the stock and peas, and stew till the latter are tender, which will be in about 20 minutes; put in the pounded sugar, and serve, placing the chicken

round, and the peas in the middle of the dish. When liked, mushrooms may be substituted for the peas.

*Time*, altogether, 40 minutes. *Average cost*, exclusive of the fowl, 7d. *Seasonable* from June to August.

### 258.—HASHED GOOSE.

**INGREDIENTS.**—*The remains of cold roast goose, 2 onions, 2 oz. of butter, 1 pint of boiling water, 1 dessertspoonful of flour, pepper and salt to taste, 1 tablespoonful of port wine, 2 tablespoonfuls of mushroom ketchup.*

*Mode.*—Cut up the goose into pieces of the size required; the inferior joints, trimmings, &c., put into a stewpan to make the gravy; slice and fry the onions in the butter of a very pale brown; add these to the trimmings, and pour over about a pint of boiling water; stew these gently for  $\frac{3}{4}$  hour, then skim and strain the liquor. Thicken it with flour, and flavour with port wine and ketchup in the above proportion; add a seasoning of pepper and salt, and put in the pieces of goose; let these get thoroughly hot through, but do not allow them to boil, and serve with sippets of toasted bread.

*Time*, altogether, rather more than 1 hour. *Average cost*, exclusive of the cold goose, 4d. *Seasonable* from September to March.

### 259.—CROQUETTES OF TURKEY (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold turkey; to every  $\frac{1}{2}$  lb. of meat allow 2 oz. of ham or bacon, 1 shalot, 1 oz. of butter, 1 tablespoonful of flour, the yolks of 2 eggs, egg and bread crumbs.*

*Mode.*—The smaller pieces, that will not do for a fricassée or hash, answer very well for this dish. Mince the meat finely with ham or bacon in the above proportion; make a gravy of the bones and trimmings, well seasoning it; mince the shalots, put them into a stewpan with the butter, add the flour; mix well, then put in the mince, and add about  $\frac{1}{2}$  pint of the gravy made from the bones. (The proportion of the butter must be increased or diminished according to the quantity of mince.) When just boiled, add the yolks of 2 eggs; put the mixture out to cool, and then shape it in a wineglass. Cover the croquettes with egg and bread crumbs, and fry them a delicate brown. Put small pieces of paraley-stems for stalks, and serve with rolled bacon cut very thin.

*Time*, 8 minutes to fry the croquettes. *Seasonable* from December to February.

### 260.—FRICASSEED TURKEY (Cold Poultry Cookery).

**INGREDIENTS.**—*The remains of cold roast or boiled turkey; a strip of lemon-peel, a bunch of savoury herbs, 1 onion, pepper and salt to taste, 1 pint of water, 4 tablespoonfuls of cream, the yolk of an egg.*

*Mode.*—Cut some nice slices from the remains of a cold turkey, and put the bones and trimmings into a stewpan with the lemon-peel, herbs, onion, pepper, salt, and the water; stew for an hour, strain the gravy, and lay in the pieces of turkey. When warm through, add the cream and the yolk of an egg; stir it well round, and, when getting thick, take out the pieces, lay them





on a hot dish, and pour the sauce over. Garnish the fricassée with sippets of toasted bread. Celery or cucumbers, cut into small pieces, may be put into the sauce; if the former, it must be boiled first.

*Time*, 1 hour to make the gravy. *Average cost*, exclusive of the cold turkey, 4d. *Seasonable* from December to February.

### 261.—HASHED TURKEY.

**INGREDIENTS.**—*The remains of cold roast turkey, 1 onion, pepper and salt to taste, rather more than 1 pint of water, 1 carrot, 1 turnip, 1 blade of mace, a bunch of savoury herbs, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of port wine, thickening of butter and flour.*

**Mode.**—Cut the turkey into neat joints; the best pieces reserve for the hash, the inferior joints and trimmings put into a stewpan with an onion cut in slices, pepper and salt, a carrot, turnip, mace, herbs, and water in the above proportion; simmer these for an hour, then strain the gravy, thicken it with butter and flour, flavour with ketchup and port wine, and lay in the pieces of turkey to warm through; if there is any stuffing left, put that in also, as it so much improves the flavour of the gravy. When it boils, serve and garnish the dish with sippets of toasted bread.

*Time*, 1 hour to make the gravy. *Seasonable* from December to February.

## G A M E.

### 262.—ROAST BLACK-COCK.

**INGREDIENTS.**—*Black-cock, butter, toast.*

**Mode.**—Let these birds hang for a few days, or they will be tough and tasteless, if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss them, the same as a roast fowl, cutting off the toes, and scalding and peeling the feet. Trussing them with the heads on, as shown in the engraving, is still practised by many cooks, but the former method is now considered the best. Put them down to a



ROAST BLACK-COCK.

brisk fire, well baste them with butter, and serve with a piece of toast under, and a good gravy and bread sauce. After trussing, some cooks cover the breast with vine-leaves and slices of bacon, and then roast them. They should be served in the same manner and with the same accompaniments as with the plainly roasted birds.

*Time*, 45 to 50 minutes. *Average cost*, from 5s. to 6s. the brace; but seldom bought. *Sufficient*, 2 or 3 for a dish. *Seasonable* from the middle of August, to the end of December.

## 263.—HASHED GAME (Cold Meat Cookery).

**INGREDIENTS.**—*The remains of cold game, 1 onion stuck with 3 cloves, a few whole peppers, a strip of lemon-peel, salt to taste, thickening of butter and flour, 1 glass of port wine, 1 tablespoonful of lemon-juice, 1 tablespoonful of ketchup, 1 pint of water or weak stock.*

**Mode.**—Cut the remains of cold game into joints, reserve the best pieces, and the inferior ones and trimmings put into a stewpan with the onion, pepper, lemon-peel, salt, and water or weak stock; stew these for about an hour, and strain the gravy; thicken it with butter and flour; add the wine, lemon-juice, and ketchup; lay in the pieces of game, and let them gradually warm through by the side of the fire; do not allow it to boil, or the game will be hard. When on the point of simmering, serve, and garnish the dish with sippets of toasted bread.

*Time, altogether 1½ hour. Seasonable from August to March.*

**Note.**—Any kind of game may be hashed by the above recipe, and the flavour may be varied by adding flavoured vinegars, curry-powder, &c.; but we cannot recommend these latter ingredients, as a dish of game should really have a gummy taste; and if too many sauces, essences, &c., are added to the gravy, they quite overpower and destroy the flavour the dish should possess.

## 264.—ROAST GROUSE.

**INGREDIENTS.**—*Grouse, butter, a thick slice of toasted bread.*

**Mode.**—Let the birds hang as long as possible; pluck and draw them; wipe, but do not wash them, inside and out, and truss them without the head, the same as for a roast fowl. Many persons still continue to truss them with the head under the wing, but the former is now considered the most approved method. Put them down to a sharp clear fire; keep them well basted the whole time they are cooking, and serve them on a buttered toast, soaked in the dripping-pan, with a little melted butter poured over them, or with bread-sauce and gravy.



ROAST GROUSE.

*Time, ½ hour; if liked very thoroughly done, 35 minutes. Average cost, 8s. 6d. to 7s. 6d. the brace; but seldom bought. Sufficient, 2 for a dish. Seasonable from the 12th of August to the beginning of December.*

## 265.—HASHED HARE.

**INGREDIENTS.**—*The remains of cold roast hare, 1 blade of pounded mace, 2 or 3 allspice, pepper and salt to taste, 1 onion, a bunch of savoury herbs, 3 tablespoonfuls of port wine, thickening of butter and flour, 2 tablespoonfuls of mushroom ketchup.*

**Mode.**—Cut the cold hare into neat slices, and put the head, bones, and trimmings into a stewpan with ¾ pint of water; add the mace, allspice, seasoning, onion, and herbs, stew for nearly an hour, and strain the gravy; thicken it with butter and flour, add the wine and ketchup, and lay in the pieces of hare, with any stuffing that may be left. Let the whole gradually

heat by the side of the fire, and, when it has simmered for about 5 minutes, serve, and garnish the dish with sippets of toasted bread. Send red-currant jelly to table with it.

*Time*, rather more than 1 hour. *Average cost*, exclusive of the cold hare, 6d. *Seasonable* from September to the end of February.

## 266.—JUGGED HARE.

(*Very Good.*)

**INGREDIENTS.**—1 hare, 1½ lb. of gravy beef, ½ lb. of butter, 1 onion, 1 lemon, 3 cloves; pepper, cayenne, and salt to taste; ½ pint of port wine.

*Mode.*—Skin, paring, and wash the hare, cut it into pieces, dredge them with flour, and fry in boiling butter. Have ready 1½ pint of gravy, made from the above proportion of beef, and thickened with a little flour. Put this into a jar; add the pieces of fried hare, an onion stuck with 6 cloves, a lemon peeled and cut in half, and a good seasoning of pepper, cayenne, and salt; cover the jar down tightly, put it up to the neck into a stewpan of boiling water, and let it stew until the hare is quite tender, taking care to keep the water boiling. When nearly done, pour in the wine, and add a few forcemeat balls, made by recipe No. 100: these must be fried or baked in the oven for a few minutes before they are put to the gravy. Serve with red-currant jelly.

*Time*, 3½ to 4 hours. If the hare is very old, allow 4½ hours. *Average cost*, 7s. *Sufficient* for 7 or 8 persons. *Seasonable* from September to the end of February.

## II.

### 267.—(A Quicker and more Economical Way.)

**INGREDIENTS.**—1 hare, a bunch of sweet herbs, 2 onions, each stuck with 3 cloves, 6 whole allspice, ½ teaspoonful of black pepper, a strip of lemon-peel, thickening of butter and flour, 2 tablespoonfuls of mushroom ketchup, ½ pint of port wine.

*Mode.*—Wash the hare nicely, cut it up into joints (not too large), and flour and brown them as in the preceding recipe; then put them into a stewpan with the herbs, onions, cloves, allspice, pepper, and lemon-peel; cover with hot water, and when it boils, carefully remove all the scum, and let it simmer gently till tender, which will be in about 1½ hour, or longer, should the hare be very old. Take out the pieces of hare, thicken the gravy with flour and butter, add the ketchup and port wine, let it boil for about 10 minutes, strain it through a sieve over the hare, and serve. A few fried forcemeat balls should be added at the moment of serving, or instead of frying them, they may be stewed in the gravy, about 10 minutes before the hare is wanted for table. Do not omit to serve red-currant jelly with it.

*Time*, altogether 2 hours. *Average cost*, 5s. 6d. *Sufficient* for 7 or 8 persons. *Seasonable* from September to the end of February.

*Notes.*—Should there be any left, rewarm it the next day by putting the hare, &c. into a covered jar, and placing this jar in a saucepan of boiling water: this method prevents a great deal of waste.

## 268.—ROAST HARE.

INGREDIENTS.—*Hare, forcemeat No. 100, a little milk, butter.*

*Choosing and Trussing.*—Choose a young hare; which may be known by its smooth and sharp claws, and by the "cleft in the lip not being much spread. To be eaten in perfection, it must hang for some time; and, if properly taken care of, it may be kept for several days. It is better to hang without being paunched; but should it be previously emptied, wipe the inside every day, and sprinkle over it a little pepper and ginger, to prevent the musty taste which long keeping in the damp occasions, and which also affects the stuffing. After it is skinned, wash it well, and soak for an hour in warm water to draw out the blood; if old, let it lie in vinegar for a short time, but wash it well afterwards in several waters. Make a forcemeat by recipe No. 100, wipe the hare dry, fill the belly with it, and sew it up. Bring the hind and fore legs close to the body towards the head, run a skewer through each, fix the head between the shoulders by means of another skewer, and be careful to leave the ears on. Put a string round the body from skewer to skewer, and tie it above the back.



ROAST HARE.

*Mode.*—The hare should be kept at a distance from the fire when it is first laid down, or the outside will become dry and hard before the inside is done. Baste it well with milk for a short time, and afterwards with butter; and particular attention must be paid to the basting, so as to preserve the meat on the back juicy and nutritive. When it is almost roasted enough, flour the hare, and baste well with butter. When nicely frothed, dish it, remove the skewers, and send it to table with a little gravy in the dish, and a tureen of the same. Red-currant jelly must also not be forgotten, as this is an indispensable accompaniment to roast hare. For economy, good beef dripping may be substituted for the milk and butter to baste with; but the basting, as we have before stated, must be continued without intermission. If the liver is good, it may be parboiled, minced, and mixed with the stuffing; but it should not be used unless quite fresh.

*Time,* a middling-sized hare, 1½ hour; a large hare, 1½ to 2 hours. *Average cost,* from 4s. to 6s. *Sufficient* for 5 or 6 persons. *Seasonable* from September to the end of February.

## 269.—ROAST PARTRIDGE.

INGREDIENTS.—*Partridge; butter.*

*Choosing and Trussing.*—Choose young birds with dark-coloured bills and yellowish legs, and let them hang a few days, or there will be no flavour to the flesh, nor will it be tender. The time they should be kept entirely depends on the taste of those for whom they are intended, as what some persons would consider delicious would be to others disgusting and offensive. They may be trussed with or without the head, the latter mode being now considered the most fashionable. Pluck, draw, and wipe the partridge carefully inside and out; cut off the head, leaving sufficient skin on the neck to skewer



back; bring the legs close to the breast, between it and the side-bones, and pass a skewer through the pinions and the thick part of the thighs. When the head is left on, it should be brought round and fixed on to the point of the skewer.



ROAST PARTRIDGE.

*Mode.*—When the bird is firmly and plumply trussed, roast it before a nice bright fire; keep it well basted, and a few minutes before serving, flour and froth it well. Dish it, and serve with gravy and bread sauce, and send to table hot and quickly. A little of the gravy should be poured over the bird.

*Time*, 25 to 35 minutes. *Average cost*, 2s. 6d. to 5s. 6d. a brace. *Sufficient*, 2 for a dish. *Seasonable* from the 1st of September to the beginning of February.

## 270.—ROAST PHEASANT.

*INGREDIENTS.*—*Pheasant, flour, butter.*

*Choosing and Trussing.*—Old pheasants may be known by the length and sharpness of their spurs; in young ones they are short and blunt. The cock bird is generally reckoned the best, except when the hen is with egg. They should hang some time before they are dressed, as, if they are cooked fresh, the flesh will be exceedingly dry and tasteless. After the bird is plucked and drawn, wipe the inside with a damp cloth, and truss it in the same manner as partridge (No. 269). If the head is left on, as shown in the engraving, bring it round under the wing, and fix it on to the point of the skewer.



ROAST PHEASANT.

*Mode.*—Roast it before a brisk fire, keep it well basted, and flour and froth it nicely. Serve with brown gravy (a little of which should be poured round the bird), and a tureen of bread sauce. 2 or 3 of the pheasant's best tail-feathers are sometimes stuck in the tail as an ornament, and these give a very handsome appearance to the dish.

*Time*,  $\frac{1}{2}$  to 1 hour, according to the size. *Average cost*, 3s. 0d. to 4s. each. *Sufficient*, 1 for a dish. *Seasonable* from the 1st of October to the beginning of February.

## 271.—BOILED RABBIT.

*INGREDIENTS.*—*Rabbit; water.*

*Mode.*—For boiling, choose rabbits with smooth and sharp claws, as that denotes they are young: should these be blunt and rugged, the ears dry and tough, the animal is old. After emptying and skinning it, wash it well in cold water, and let it soak for about  $\frac{1}{2}$  hour in warm water, to draw out the blood. Bring the head round



BOILED RABBIT.

to the side, and fasten it there by means of a skewer run through that and the body. Put the rabbit into sufficient hot water to cover it, let it boil

very gently until tender, which will be in from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, according to its size and age. Dish it, and smother it either with onion, mushroom, or liver sauce, or parsley-and-butter; the former is, however, generally preferred to any of the last-named sauces. When liver-sauce is preferred, the liver should be boiled for a few minutes, and minced very finely, or rubbed through a sieve before it is added to the sauce.

*Time*, a very young rabbit,  $\frac{1}{2}$  hour; a large one,  $\frac{3}{4}$  hour; an old one, 1 hour or longer. *Average cost*, from 1s. to 1s. 6d. each. *Sufficient* for 4 persons. *Seasonable* from September to February.

### 272.—CURRIED RABBIT.

**INGREDIENTS.**—1 rabbit, 2 oz. of butter, 3 onions, 1 pint of stock (No. 2), 1 tablespoonful of curry powder, 1 tablespoonful of flour, 1 teaspoonful of mushroom powder, the juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  lb. of rice.

*Mode.*—Empty, skin, and wash the rabbit thoroughly, and cut it neatly into joints. Put it into a stewpan with the butter and sliced onions, and let them acquire a nice brown colour, but do not allow them to blacken. Pour in the stock, which should be boiling; mix the curry powder and flour smoothly with a little water, add it to the stock, with the mushroom powder, and simmer gently for rather more than  $\frac{1}{2}$  hour; squeeze in the lemon-juice, and serve in the centre of a dish, with an edging of boiled rice all round. Where economy is studied, water may be substituted for the stock; in this case, the meat and onions must be very nicely browned. A little sour apple and rasped cocoa-nut stowed with the curry will be found a great improvement.

*Time*, altogether  $\frac{3}{4}$  hour. *Average cost*, from 1s. to 1s. 6d. each. *Sufficient* for 4 persons. *Seasonable* in winter.

### 273.—RABBIT PIE.

**INGREDIENTS.**—1 rabbit, a few slices of ham, salt and white pepper to taste, 2 blades of pounded mace,  $\frac{1}{2}$  teaspoonful of grated nutmeg, a few forcemeat balls, 3 hard-boiled eggs,  $\frac{1}{2}$  pint of gravy, puff crust.

*Mode.*—Cut up the rabbit (which should be young), remove the breastbone, and bone the legs. Put the rabbit, slices of ham, forcemeat balls, and hard eggs, by turns, in layers, and season each layer with pepper, salt, pounded mace, and grated nutmeg. Pour in about  $\frac{1}{2}$  pint of water, cover with crust, and bake in a well-heated oven for about  $1\frac{1}{2}$  hour. Should the crust acquire too much colour, place a piece of paper over it to prevent its burning. When done, pour in at the top, by means of the hole in the middle of the crust, a little good gravy, which may be made of the breast- and leg-bones of the rabbit and 2 or 3 shank-bones, flavoured with onion, herbs, and spices.

*Time*,  $1\frac{1}{2}$  hour. *Average cost*, from 1s. to 1s. 6d. each. *Sufficient* for 5 or 6 persons. *Seasonable* from September to February.

*Note.*—The liver of the rabbit may be boiled, minced, and mixed with the forcemeat balls, when the flavour is liked.

## 274.—ROAST WILD DUCK.

**INGREDIENTS.**—*Wild duck, flour, butter.*

**Mode.**—Carefully pluck and draw them; cut off the heads close to the necks, leaving sufficient skin to turn over, and do not cut off the feet; some twist each leg at the knuckle, and rest the claws on each side of the breast; others truss them as shown in our illustration.

Roast the birds before a quick fire, and, when they are first put down, let them remain for 5 minutes without basting (this will keep the gravy in); afterwards baste plentifully with butter, and a few minutes before serving



ROAST WILD DUCK.

dredge them lightly with flour; baste well, and send them to table nicely frothed, and full of gravy. If overdone, the birds will lose their flavour. Serve with a good gravy in the dish, and send to table with them a cut lemon. To take off the fishy taste which wild fowl sometimes have, baste them for a few minutes with hot water, to which have been added an onion and a little salt; then take away the pan, and baste with butter.

**Time,** when liked underdressed, 20 to 25 minutes; well done, 25 to 35 minutes. **Aver. cost,** 5s. to 6s. the couple. **Sufficient,** 2 for a dish. **Seasonable** from November to February.

## 275.—ROAST WOODCOCK.

**INGREDIENTS.**—*Woodcocks; butter, flour, toast.*

**Mode.**—Woodcocks should not be drawn, as the trails are, by epicures, considered a great delicacy. Pluck, and wipe them well outside; truss them with the legs close to the body, and the feet pressing upon the thighs; skin the neck and head, and bring the beak round under the wing. Place some slices of toast in the dripping-pan to catch the trails, allowing a piece of toast for each bird. Roast before a clear fire



ROAST WOODCOCK.

from 15 to 25 minutes; keep them well basted, and flour and froth them nicely. When done, dish the pieces of toast with the birds upon them, pour round a very little gravy, and send some more to table in a tureen. These are most delicious birds when well cooked, but they should not be kept too long: when the feathers drop, or easily come out, they are fit for table.

**Time.**—When liked underdone, 15 to 20 minutes; if liked well done, allow an extra 5 minutes. **Seldom bought.** **Sufficient,** 2 for a dish. **Seasonable** from November to February.

## VEGETABLES.

### 276.—BOILED ASPARAGUS.

**INGREDIENTS.**—To each  $\frac{1}{2}$  gallon of water allow 1 heaped teaspoonful of salt; asparagus.

**Mode.**—Asparagus should be dressed as soon as possible after it is cut, although it may be kept for a day or two by putting the stalks into cold water; yet, to be good, like every other vegetable, it cannot be cooked too fresh. Scrape the white part of the stems, beginning from the head, and throw them into cold water; then tie them into bundles of about 20 each,



ASPARAGUS ON TOAST.



ASPARAGUS TONGS.

keeping the heads all one way, and cut the stalks evenly, that they may all be the same length; put them into boiling water, with salt in the above proportion; keep them boiling quickly until tender, with the saucepan uncovered. When the asparagus is done, dish it upon toast, which should be dipped in the water it was cooked in, and leave the white ends outwards each way, with the points meeting in the middle. Serve with a tureen of melted butter.

**Time,** 15 to 18 minutes after the water boils. **Average cost,** in full season, 2s. 6d. the 100 heads. **Sufficient,** allow about 50 heads for 4 or 5 persons. **Seasonable,** may be had, forced, from January, but cheapest in May, June, and July.

### 277.—BOILED FRENCH BEANS.

**INGREDIENTS.**—To each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda.

**Mode.**—This vegetable should always be eaten young, as when allowed to grow too long, it tastes stringy and tough when cooked. Cut off the heads and tails, and a thin strip on each side of the beans, to remove the strings. Then divide each bean into 4 or 6 pieces, according to size, cutting them lengthways in a slanting direction, and, as they are cut, put them into cold water, with a small quantity of salt dissolved in it. Have ready a saucepan of boiling water, with salt and soda in the above proportion; put in the beans, keep them boiling quickly, with the lid uncovered, and be careful that they do not get smoked. When tender, which may be ascertained by their sinking to the bottom of the saucepan, take them up, pour them into a colander; and when drained, dish and serve with plain melted butter. When very young, beans are sometimes served whole; when they are thus dressed, their colour and flavour are much better preserved; but the more general way of dressing them is to cut them into thin strips.

**Time,** very young beans, 10 to 12 minutes; moderate size, 15 to 20

minutes, after the water boils. *Average cost*, in full season, 1s. 4d. a peck; but, when forced, very expensive. *Sufficient*, allow  $\frac{1}{2}$  peck for 6 or 7 persons. *Seasonable* from the middle of July to the end of September; but may be had, forced, from February to the beginning of June.

### 278.—BOILED BROAD OR WINDSOR BEANS.

**INGREDIENTS.**—To each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt; beans.

*Mode.*—This is a favourite vegetable with many persons, but to be nice, should be young and freshly gathered. After shelling the beans, put them into boiling water, salted in the above proportion, and let them boil rapidly until tender. Drain them well in a colander; dish and serve with them separately a tureen of parsley and butter. Boiled bacon should always accompany this vegetable, but the beans should be cooked separately. It is usually served with the beans laid round, and the parsley and butter in a tureen. Beans also make an excellent garnish to a ham, and when used for this purpose, if very old, should have their skins removed.

*Time*, very young beans, 15 minutes; when of a moderate size, 20 to 25 minutes, or longer. *Average cost*, unshelled, 6d. per peck. *Sufficient*, allow one peck for 6 or 7 persons. *Seasonable* in July and August.

### 279.—BOILED BROCOLI.

**INGREDIENTS.**—To each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt; brocoli.

*Mode.*—Strip off the dead outside leaves, and the inside ones cut off level with the flower; cut off the stalk close at the bottom, and put the brocoli into cold salt and water, with the heads downwards. When they have remained in this for about  $\frac{3}{4}$  hour, and they are perfectly free from insects, put them into a saucepan of boiling water, salted in the above proportion, and keep them boiling quickly over a brisk fire, with the saucepan uncovered. Take them up with a slice the moment they are done; drain them well, and serve with a tureen of melted butter, a little of which should be poured over the brocoli. If left in the water after it is done, it will break, its colour will be spoiled, and its crispness gone.



BOILED BROCOLI.

*Time*, small brocoli, 10 to 15 minutes; large one, 20 to 25 minutes. *Average cost*, 3d. each. *Sufficient*, 2 for 4 or 5 persons. *Seasonable* from October to March; plentiful in February and March.

### 280.—BOILED BRUSSELS SPROUTS

**INGREDIENTS.**—To each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt; a very small piece of soda.

*Mode.*—Clean the sprouts from insects, nicely wash them, and pick off any dead or discoloured leaves from the outsides; put them into a saucepan of boiling water, with salt and soda in the above proportion; keep the pan uncovered, and let them boil quickly over a brisk fire until tender; drain, dish,

and serve with a tureen of melted butter, or with a *maitre-d'hôtel* sauce poured over them. Another mode of serving is, when they are disked, to stir in about  $1\frac{1}{2}$  oz. of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, as, being so small, this vegetable soon cools. Where the cook is expeditious, this vegetable, when cooked, may be arranged on the dish in the form of a pineapple, and, so served, has a very pretty appearance.

*Time*, from 9 to 12 minutes after the water boils. *Average cost*, 1s. 4d. per peck. *Sufficient*,—allow between 40 and 50 for 5 or 6 persons. *Seasonable* from November to March.

### 281.—BOILED CABBAGE.

**INGREDIENTS.**—*To each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt; a very small piece of soda.*

*Mode.*—Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice, at the stalk end; if they should be very large, quarter them. Wash them well in cold water, place them in a colander, and drain; then put them into *plenty* of *fast-boiling* water, to which have been added salt and soda in the above proportions. Stir the cabbages down once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant they are done, take them up in a colander, place a plate over them, let them thoroughly drain, dish, and serve.

*Time*, large cabbages, or savoys,  $\frac{3}{4}$  to  $\frac{1}{2}$  hour; young summer cabbage, 10 to 12 minutes, after the water boils. *Average cost*, 2d. each in full season. *Sufficient*,—2 large ones for 4 or 5 persons. *Seasonable*,—cabbages and sprouts of various kinds at any time

### 282.—BOILED CARROTS.

**INGREDIENTS.**—*To each  $\frac{1}{2}$  gallon of water, allow 1 heaped tablespoonful of salt; carrots.*

*Mode.*—Cut off the green tops, wash and scrape the carrots, and should there be any black specks, remove them. If very large, cut them in halves, divide them lengthwise into four pieces, and put them into boiling water, salted in the above proportion; let them boil until tender, which may be ascertained by thrusting a fork into them; dish, and serve very hot. This vegetable is an indispensable accompaniment to boiled beef. When thus served, it is usually boiled with the beef; a few carrots are placed round the dish as a garnish, and the remainder sent to table in a vegetable-dish. Young carrots do not require nearly so much boiling, nor should they be divided: these make a nice addition to stewed veal, &c.

*Time*, large carrots,  $1\frac{1}{2}$  to 2 $\frac{1}{2}$  hours; young ones, about  $\frac{1}{2}$  hour. *Average cost*, 8d. to 1s. per bunch of 18. *Sufficient*,—4 large carrots for 5 or 6 persons. *Seasonable*,—young carrots from April to June, old ones at any time.

### 283.—BOILED CAULIFLOWERS.

**INGREDIENTS.**—*To each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt.*

*Mode.*—Choose cauliflowers that are close and white; trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects, which generally are found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards: this will effectually draw out all the vermin. Then put them into fast-boiling water, with the addition of salt in the above proportion, and let them boil briskly over a good fire, keeping the saucepan uncovered. The water should be well skimmed; and when the cauliflowers are tender, take them up with a slice; let them drain, and, if large enough, place them upright in the dish. Serve with plain melted butter, a little of which may be poured over the flower.



BOILED CAULIFLOWER.

*Time,* small cauliflower, 12 to 15 minutes; large one, 20 to 25 minutes, after the water boils. *Average cost,* for large cauliflowers, 6d. each. *Sufficient,*—allow 1 large cauliflower for 3 persons. *Seasonable* from the beginning of June to the end of September.

#### 284.—CELERY.

This vegetable is usually served with the cheese, and is then eaten its raw state. Let the roots be washed free from dirt, all the decayed and outside leaves being cut off, preserving as much of the stalk as possible, and all specks or blemishes being carefully removed. Should the celery be large, divide it lengthwise into quarters, and place it, root downwards, in a celery-glass, which should be rather more than half filled with water. The top leaves may be curled, by shredding them in narrow strips with the point of a clean skewer, at a distance of about 4 inches from the top.



CELERY IN GLASS.

*Average cost,* 2d. per head. *Sufficient,*—allow 2 heads for 4 or 5 persons. *Seasonable* from October to April.

*Note.*—This vegetable is exceedingly useful for flavouring soups, sauces, &c., and makes a very nice addition to winter salad.

#### 285.—TO DRESS CUCUMBERS.

*INGREDIENTS.*—3 tablespoonfuls of salad-oil, 3 tablespoonfuls of vinegar, salt and pepper to taste; cucumber.

*Mode.*—Pare the cucumber, cut it equally into very thin slices, and commence cutting from the thick end; if commenced at the stalk, the cucumber will most likely have an exceedingly bitter taste, far from agreeable. Put the slices into a dish, sprinkle over salt and pepper, and



CUCUMBER.

tion; turn the cucumber about, and it is ready to serve. This is a favourite accompaniment to boiled salmon, is a nice addition to all descriptions of salads, and makes a pretty

*Average cost*, when scarce, 1s. to 2s. 6d.; when cheapest, may be had for 3d. each. *Seasonable*,—forced from the beginning of March to the end of June; in full season in July, August, and September.

### 286.—ENDIVE.

This vegetable, so beautiful in appearance, makes an excellent addition to winter salad, when lettuces and other salad herbs are not obtainable. It is usually placed in the centre of the dish, and looks remarkably pretty with slices of beetroot, hard-boiled eggs, and curled celery placed round it, so that the colours contrast nicely. In preparing it, carefully wash and cleanse it free from insects, which are generally found near the heart; remove any decayed or dead leaves, and dry it thoroughly by shaking in a cloth. This vegetable may also be served hot, stewed in cream, brown gravy or butter; but when dressed thus, the sauce it is stewed in should not be very highly seasoned, as that would destroy and overpower the flavour of the vegetable.

*Average cost*, 2d. per head. *Sufficient*,—1 head for a salad for 4 persons. *Seasonable* from November to March.

### 287.—HORSE RADISH.

This root, scraped, is always served with hot roast beef, and is used for garnishing many kinds of boiled fish. Let the horseradish remain in cold water for an hour; wash it well, and with a sharp knife scrape it into very thin shreds, commencing from the thick end of the root. Arrange some of it lightly in a small glass dish, and the remainder use for garnishing the joint: it should be placed in tufts round the border of the dish, with 1 or 2 bunches on the meat.

*Average cost*, 2d. per stick. *Seasonable* at any time.

### 288.—LETTUCES.

These form one of the principal ingredients to summer salads; should be nicely blanched, and be eaten young. They are seldom served in any other way, but may be stewed and sent to table in a good brown gravy flavoured with lemon-juice. In preparing them for a salad, carefully wash them free from dirt, pick off all the decayed and outer leaves, and dry them thoroughly by shaking them in a cloth. Cut off the stalks, and either halve or cut the lettuces into small pieces. The manner of cutting them up entirely depends on the salad for which they are intended. In France the lettuces are sometimes merely wiped with a cloth and not washed, the cooks there declaring that the act of washing them injuriously affects the pleasant crispness of the plant: in this case scrupulous attention must be paid to each leaf, and the grit thoroughly wiped away.

*Average cost*, when cheapest, 1d. each. *Sufficient*,—allow 2 lettuces for 4 persons. *Seasonable* from March to the end of August, but may be had all the year.

### 289.—BAKED MUSHROOMS.

(A Breakfast, Luncheon, or Supper Dish.)

**INGREDIENTS.**—16 to 20 mushroom-steps, butter, pepper to taste.

**Mode.**—For this mode of cooking, the mushroom stems are better than the



buttons, and should not be too large. Cut off a portion of the stalk, peel the top, and wipe the mushrooms carefully with a piece of flannel and a little fine salt. Put them into a tin baking-dish, with a very small piece of butter placed on each mushroom; sprinkle over a little pepper, and let them bake for about 20 minutes, or longer should the mushrooms be very large. Have ready a very hot dish, pile the mushrooms high in the centre, pour the gravy round, and send them to table quickly, with very hot plates.

*Time*, 20 minutes; large mushrooms,  $\frac{1}{2}$  hour. *Average cost*, 1d. each for large mushroom-flaps. *Sufficient* for 5 or 6 persons. *Seasonable*,—meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

### 290.—BROILED MUSHROOMS.

(A Breakfast, Luncheon, or Supper Dish.)

**INGREDIENTS.**—*Mushroom-flaps, pepper and salt to taste, butter, lemon-juice.*

*Mode.*—Cleanse the mushrooms by wiping them with a piece of flannel and a little salt; cut off a portion of the stalk, and peel the tops; broil them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of butter on each mushroom, season with pepper and salt, and squeeze over them a few drops of lemon-juice. Place the dish before the fire, and when the butter is melted, serve very hot and quickly. Moderate-sized flaps are better suited to this mode of cooking than the buttons: the latter are better in stews.



BROILED MUSHROOMS.

*Time*, 10 minutes for medium-sized mushrooms. *Average cost*, 1d. each for large mushrooms. *Sufficient*,—allow 3 or 4 mushrooms to each person. *Seasonable*,—meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

### 291.—STEWED MUSHROOMS.

**INGREDIENTS.**—*1 pint of mushroom-buttons, 8 oz. of fresh butter, white pepper and salt to taste, lemon-juice, 1 teaspoonful of flour, cream or milk,  $\frac{1}{2}$  teaspoonful of grated nutmeg.*

*Mode.*—Cut off the ends of the stalks, and pare neatly a pint of mushroom-buttons; put them into a basin of water, with a little lemon-juice, as they are done. When all are prepared, take them from the water with the hands, to avoid the sediment, and put them into a stewpan with the fresh butter, white pepper, salt, and the juice of  $\frac{1}{2}$  lemon; cover the pan closely, and let the mushrooms stew gently from 20 to 25 minutes; then thicken the butter with the above proportion of flour, add gradually sufficient cream, or cream and milk, to make the sauce of a proper consistency, and put in the grated nutmeg. If the mushrooms are not perfectly tender, stew them for 5 minutes longer, remove every particle of butter which may be floating on the top, and serve.

*Time*,  $\frac{1}{2}$  hour. *Average cost*, from 9d. to 2s. per pint. *Sufficient* for 5 or 6 persons. *Seasonable*,—meadow mushrooms in September and October.

## 292.—BAKED SPANISH ONIONS.

**INGREDIENTS.**—4 or 5 *Spanish onions*, salt, and water.

**Mode.**—Put the onions, with their skins on, into a saucepan of boiling water slightly salted, and let them boil quickly for an hour. Then take them out, wipe them thoroughly, wrap each one in a piece of paper separately, and bake them in a moderate oven for 2 hours, or longer, should the onions be very large. They may be served in their skins, and eaten with a piece of cold butter and a seasoning of pepper and salt; or they may be peeled, and a good brown gravy poured over them.

**Time**, 1 hour to boil, 2 hours to bake. **Average cost**, medium-sized, 2d. each. **Sufficient** for 5 or 6 persons. **Seasonable** from September to January.

## 293.—STEWED SPANISH ONIONS.

**INGREDIENTS.**—5 or 6 *Spanish onions*, 1 pint of good broth or gravy.

**Mode.**—Peel the onions, taking care not to cut away too much of the tops or tails, or they would then fall to pieces; put them into a stewpan capable of holding them at the bottom without piling them one on the top of another; add the broth or gravy, and simmer *very gently* until the onions are perfectly tender. Dish them, pour the gravy round, and serve. Instead of using broth, Spanish onions may be stewed with a large piece of butter: they must be done very gradually over a slow fire or hot plate, and will produce plenty of gravy.

**Time**, to stew in gravy, 2 hours, or longer if very large. **Average cost**, medium sized, 2d. each. **Sufficient** for 6 or 7 persons. **Seasonable** from September to January.

**Notes.**—Stewed Spanish onions are a favourite accompaniment to roast shoulder of mutton.

## 294.—BOILED PARSNIPS.

**INGREDIENTS.**—*Parsnips*; to each  $\frac{1}{2}$  gallon of water allow 1 heaped table-spoonful of salt.

**Mode.**—Wash the parsnips, scrape them thoroughly, and, with the point of the knife, remove any black spots about them, and, should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water salted in the above proportion, boil them rapidly until tender, which may be ascertained by thrusting a fork in them; take them up, drain them, and serve in a vegetable-dish. This vegetable is usually served with salt fish, boiled pork, or boiled beef: when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish.

**Time**, large parsnips, 1 to 1 $\frac{1}{2}$  hour; small ones,  $\frac{1}{2}$  to 1 hour. **Average cost**, 1d. each. **Sufficient**,—allow 1 for each person. **Seasonable** from October to May.

## 295.—BOILED GREEN PEAS.

**INGREDIENTS.**—*Green peas*; to each  $\frac{1}{2}$  gallon of water allow 1 small tea-spoonful of moist sugar, 1 heaped table-spoonful of salt.

**Mode.**—This delicious vegetable, to be eaten in perfection, should be young, and not gathered or shelled long before it is dressed. Shell the peas,

wash them well in cold water, and drain them; then put them into a saucepan with plenty of *fast-boiling* water, to which salt and *moist sugar* have been added in the above proportion; let them boil quickly over a brisk fire, with the lid of the saucepan uncovered, and be careful that the smoke does not draw in. When tender, pour them into a colander; put them into a hot vegetable-dish, and quite in the centre of the peas place a piece of butter, the size of a walnut. Many cooks boil a small bunch of mint with the peas, or garnish them with it, by boiling a few sprigs in a saucepan by themselves. Should the peas be very old, and difficult to boil a good colour, a very tiny piece of soda may be thrown in the water previous to putting them in; but this must be very sparingly used, as it causes the peas, when boiled, to have a smashed and broken appearance. With young peas, there is not the slightest occasion to use it.

*Time*, young peas, 10 to 15 minutes; the large sorts, such as marrowfat, &c., 18 to 24 minutes; old peas,  $\frac{1}{2}$  hour. *Average cost*, when cheapest, 6d. per peck; when first in season, 2s. to 2s. 6d. per peck. *Sufficient*,—allow 1 peck of unshelled peas for 4 or 5 persons. *Seasonable* from June to the end of August.

### 296.—BAKED POTATOES.

INGREDIENTS.—*Potatoes.*

*Mode*.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub them well, for the browned skin of a baked potato is by many persons considered the better part of it. Put them into



BAKED POTATOES SERVED  
IN NAPKIN.

a moderate oven, and bake them for 2 hours, turning them three or four times whilst they are cooking. Serve them in a napkin immediately they are done, as, if kept a long time in the oven, they have a shrivelled appearance. Potatoes may also be roasted before the fire, in an American oven; but when thus cooked, they must be done very slowly. Do not forget to send to table with them a piece of cold butter.

*Time*, large potatoes, in a hot oven,  $1\frac{1}{2}$  to 2 hours; in a cool oven, 2 to 2 $\frac{1}{2}$  hours. *Average cost*, 5s. per bushel. *Sufficient*,—allow 2 to each person. *Seasonable* all the year, but not good just before and whilst new potatoes are in season.

### 297.—TO BOIL POTATOES.

INGREDIENTS.—10 to 12 potatoes; to each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt.

*Mode*.—Choose potatoes of an equal size, pare them, take out all the eyes and sprouts, and as they are peeled, throw them into cold water. Put them into a saucepan, with sufficient cold water to cover them, with salt in the above proportion, and let them boil gently until tender. Ascertain when they are done by thrusting a fork into them, and take them up the moment they feel soft through; for if they are left in the water afterwards, they become waxy or watery. Drain away the water, put the saucepan by the side of the fire, with the lid partially uncovered, to allow the steam to escape, and let the potatoes

get thoroughly dry, and do not allow them to get burnt. Their superfluous moisture will evaporate, and the potatoes, if a good sort, will be perfectly mealy and dry. Potatoes vary so much in quality and size, that it is difficult to give the exact time for boiling; they should be attentively watched, and probed with a fork, to ascertain when they are cooked. Send them to table quickly, and very hot, and with an opening in the cover of the dish, that a portion of the steam may evaporate, and not fall back on the potatoes.

*Time*, moderate-sized old potatoes, 15 to 20 minutes after the water boils; large ones,  $\frac{1}{2}$  hour to 35 minutes. *Average cost*, 5s. per bushel. *Sufficient* for 6 persons. *Seasonable* all the year, but not good just before and whilst new potatoes are in season.

*Note*.—To keep potatoes hot, after draining the water from them, put a folded cloth or flannel (kept for the purpose) on the top of them, keeping the saucepan-lid partially uncovered. This will absorb the moisture, and keep them hot some time without spoiling.

### 298.—TO BOIL POTATOES IN THEIR JACKETS.

**INGREDIENTS.**—10 or 12 potatoes; to each  $\frac{1}{2}$  gallon of water, allow 1 heaped tablespoonful of salt.

*Mode*.—To obtain this wholesome and delicious vegetable cooked in perfection, it should be boiled and sent to table with the skin on. In Ireland, where, perhaps, the cooking of potatoes is better understood than in any country, they are always served so. Wash the potatoes well, and if necessary, use a clean scrubbing-brush to remove the dirt from them; and if possible, choose the potatoes so that they may all be as nearly the same size as possible. When thoroughly cleansed, fill the saucepan half full with them, and just cover the potatoes with cold water, salted in the above proportion: they are more quickly boiled with a small quantity of water, and, besides, are more savoury than when drowned in it. Bring them to boil, then draw the pan to the side of the fire, and let them simmer gently until tender. Ascertain when they are done by probing them with a fork; then pour off the water, uncover the saucepan, and let the potatoes dry by the side of the fire, taking care not to let them burn. Peel them quickly, put them in a very hot vegetable-dish, either with or without a napkin, and serve very quickly. After potatoes are cooked, they should never be entirely covered up, as the steam, instead of escaping falls down on them, and makes them watery and insipid. In Ireland they are usually served up with the skins on, and a small plate is placed by the side of each guest.

*Time*, moderate-sized potatoes, with their skins on, 20 to 25 minutes after the water boils; large potatoes, 25 minutes to  $\frac{1}{2}$  hour, or longer; 5 minutes to dry them. *Average cost*, 5s. per bushel. *Sufficient* for 6 persons. *Seasonable* all the year, but not good just before and whilst new potatoes are in season.

### 299.—TO BOIL NEW POTATOES.

**INGREDIENTS.**—Potatoes; to each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt.

*Mode*.—Do not leave the potatoes long before they are dressed, as they

are never good when they have been out of the ground some time. Well wash them, rub off the skins with a coarse cloth, and put them into *boiling* water salted in the above proportion. Let them boil until tender; try them with a fork, and when done, pour the water away from them; let them stand by the side of the fire with the lid of the saucepan partially uncovered, and when the potatoes are thoroughly dry, put them into a hot vegetable-dish, with a piece of butter the size of a walnut; pile the potatoes over this, and serve. If the potatoes are too old to have the skins rubbed off, boil them in their jackets; drain, peel, and serve them as above, with a piece of butter placed in the midst of them.

*Time*,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, according to the size. *Average cost*, in full season, 1d. per lb. *Sufficient*,—allow 3 lb. for 5 or 6 persons. *Seasonable* in May and June; but may be had, forced, in March.

### 300.—MASHED POTATOES.

*INGREDIENTS*.—*Potatoes*; to every lb. of mashed potatoes allow 1 oz. of butter, 2 tablespoonfuls of milk, salt to taste.

*Mode*.—Boil the potatoes in their skins; when done, drain them, and let them get thoroughly dry by the side of the fire; then peel them, and, as they are peeled, put them into a clean saucepan, and with a large fork beat them to a light paste; add butter, milk, and salt in the above proportion, and stir all the ingredients well over the fire. When thoroughly hot, dish them lightly, and draw the fork backwards over the potatoes to make the surface rough, and serve. When dressed in this manner, they may be browned at the top with a salamander, or before the fire. Some cooks press the potatoes into moulds, then turn them out, and brown them in the oven: this is a pretty mode of serving, but it makes them heavy. In whatever way they are sent to table, care must be taken to have them quite free from lumps.

*Time*, from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour to boil the potatoes. *Average cost*, 5s. per bushel. *Sufficient*,—1 lb. of mashed potatoes for 3 persons. *Seasonable* at any time.

### 301.—TO STEAM POTATOES.

*INGREDIENTS*.—*Potatoes*; boiling water.

*Mode*.—This mode of cooking potatoes is now much in vogue, particularly where they are wanted on a large scale, it being so very convenient. Pare the potatoes, throw them into cold water as they are peeled, then put them into a steamer. Place the steamer over a saucepan of boiling water, and steam the potatoes from 20 to 40 minutes, according to the size and sort. When a fork goes easily through them, they are done: then take them up, dish and serve very quickly.

*Time*, 20 to 40 minutes. *Average cost*, 5s. per bushel. *Sufficient*,—allow 2 large potatoes to each person. *Seasonable* all the year, but not so good whilst new potatoes are in season.

### 302.—SUMMER SALAD.

*INGREDIENTS*.—3 lettuces, 2 handfuls of mustard-and-cress, 10 young radishes, a few slices of cucumber.

*Mode.*—Let the herbs be as fresh as possible for a salad, and, if at all stale or dead-looking, let them lie in water for an hour or two, which will very much refresh them. Wash and carefully pick them



SALAD IN BOWL.

over, remove any decayed or worm-eaten leaves, and drain them thoroughly by swinging them gently in a clean cloth. With a silver knife, cut the lettuces into small pieces, and the radishes and cucumbers into thin slices; arrange all these ingredients lightly on a dish, with the mustard-and-cress, and pour under, but not over the salad, either of the sauces

No. 109, and do not stir it up until it is to be eaten. It may be garnished with hard-boiled eggs, cut in slices, sliced cucumbers, nasturtiums, cut vegetable-flowers, and many other things that taste will always suggest to make a pretty and elegant dish. In making a good salad, care must be taken to have the herbs freshly gathered, and *thoroughly drained* before the sauce is added to them, or it will be watery and thin. Young spring onions, cut small, are by many persons considered an improvement to salads; but, before these are added, the cook should always consult the taste of her employer. Slices of cold meat or poultry added to a salad make a convenient and quickly-made summer luncheon-dish; or cold fish flaked will also be found exceedingly nice, mixed with it.

*Average cost, 9d.* for a salad for 5 or 6 persons; but more expensive when the herbs are forced. *Sufficient* for 5 or 6 persons. *Seasonable* from May to September.

### 303.—WINTER SALAD.

*INGREDIENTS.*—*Endive, mustard-and-cress, boiled beetroot, 3 or 4 hard-boiled eggs, celery.*

*Mode.*—The above ingredients form the principal constituents of a winter salad, and may be converted into a very pretty dish, by nicely contrasting the various colours, and by tastefully garnishing it. Shred the celery into thin pieces, after having carefully washed and cut away all worm-eaten pieces; cleanse the endive and mustard-and-cress free from grit, and arrange these high in the centre of a salad-bowl or dish; garnish with the hard-boiled eggs and beetroot, both of which should be cut in slices; and pour into the dish, but not over the salad, either of the sauces No. 109. Never dress a salad long before it is required for table, as, by standing, it loses its freshness and pretty crisp and light appearance; the sauce, however, may always be prepared a few hours beforehand, and when required for use, the herbs laid lightly over it.

*Average cost, 9d.* for a salad for 5 or 6 persons. *Sufficient* for 5 or 6 persons. *Seasonable* from the end of September to March.

### 304.—BOILED SEA-KALE.

*INGREDIENTS.*—*To each 1 gallon of water allow 1 heaped tablespoonful of salt.*

*Mode.*—Well wash the kale, cut away any worm-eaten places, and tie it into

small bunches; put it into boiling water, salted in the above proportion, and let it boil quickly until tender. Take it out, drain, untie the bunches, and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy: it will then take about  $\frac{1}{2}$  hour altogether.



BOILED SEA-KALE.

*Time*, 15 minutes; when liked very thoroughly done, allow an extra 5 minutes. *Average cost*, in full season, 9d. per basket. *Sufficient*,—allow 12 heads for 4 or 5 persons. *Seasonable* from February to June.

### 305.—TO BOIL SPINACH (English Mode).

**INGREDIENTS.**—2 *pailfuls* of spinach, 2 *heaped tablespoonfuls* of salt, 1 *oz.* of butter, pepper to taste.

*Mode.*—Pick the spinach carefully, and see that no stalks or weeds are left amongst it; wash it in several waters, and, to prevent it being gritty, act in the following manner:—Have ready two large pans or tubs filled with water; put the spinach into one of these, and thoroughly wash it; then, *with the hands*, take out the spinach, and put it into the other tub of water (by this means all the grit will be left at the bottom of the tub); wash it again, and, should it not be perfectly free from dirt, repeat the process. Put it into a very large saucepan, with about  $\frac{1}{2}$  pint of water, just sufficient to keep the spinach from burning, and the above proportion of salt. Press it down frequently with a wooden spoon, that it may be done equally; and when it has boiled for rather more than 10 minutes, or until it is perfectly tender, drain it in a colander, squeeze it quite dry, and chop it finely. Put the spinach into a clean stewpan, with the butter and a seasoning of pepper; stir the whole over the fire until quite hot; then put it on a hot dish, and garnish with sippets of toasted bread.

SPINACH GARNISHED WITH  
SIPPETS OF TOASTED  
BREAD

*Time*, 10 to 15 minutes to boil the spinach, 5 minutes to warm with the butter. *Average cost* for the above quantity, 8d. *Sufficient* for 5 or 6 persons. *Seasonable*,—spring spinach from March to July; winter spinach from November to March.

*Note.*—Grated nutmeg, pounded mace, or lemon-juice may also be added to enrich the flavour; and poached eggs are also frequently served with spinach; they should be placed on the top of it, and it should be garnished with sippets of toasted bread.

### 306.—BOILED TURNIPS.

**INGREDIENTS.**—Turnips; to each  $\frac{1}{2}$  gallon of water allow 1 *heaped tablespoonful* of salt.

*Mode.*—Pare the turnips, and, should they be very large, divide them into quarters; but, unless this is the case, let them be cooked whole. Put them into a saucepan of boiling water, salted in the above proportion, and let them boil gently until tender. Try them with a fork, and, when done, take them up in a colander; let them thoroughly drain, and serve. Boiled turnips are

usually sent to table with boiled mutton, but are infinitely nicer when mashed than served whole : unless very young, they are scarcely worth the trouble of dressing plainly as above.

*Time*, old turnips,  $\frac{3}{4}$  to  $1\frac{1}{2}$  hour ; young ones, about 18 to 20 minutes. *Average cost*, 4d. per bunch. *Sufficient*,—allow a bunch of 12 turnips for 5 or 6 persons. *Seasonable*,—may be had all the year ; but in spring only useful for flavouring gravies, &c.

### 307.—MASHED TURNIPS.

**INGREDIENTS.**—10 or 12 large turnips ; to each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt, 2 oz. of butter, cayenne or white pepper to taste.

*Mode*.—Pare the turnips, quarter them, and put them into boiling water, salted in the above proportion ; boil them until tender ; then drain them in a colander, and squeeze them as dry as possible by pressing them with the back of a large plate. When quite free from water, rub the turnips with a wooden spoon through the colander, and put them into a very clean saucepan ; add the butter, white pepper, or cayenne, and, if necessary, a little salt. Keep stirring them over the fire until the butter is well mixed with them, and the turnips are thoroughly hot ; dish, and serve. A little cream or milk added after the turnips are pressed through the colander, is an improvement to both the colour and flavour of this vegetable.

*Time*, from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour to boil the turnips ; 10 minutes to warm them through. *Average cost*, 4d. per bunch. *Sufficient* for 4 or 5 persons. *Seasonable*,—may be had all the year ; but in spring only good for flavouring gravies.

### 308.—BOILED TURNIP GREENS.

**INGREDIENTS.**—To each  $\frac{1}{2}$  gallon of water allow 1 heaped tablespoonful of salt ; turnip-greens.

*Mode*.—Wash the greens well in two or three waters, and pick off all the decayed and dead leaves ; tie them in small bunches, and put them into plenty of boiling water, salted in the above proportion. Keep them boiling quickly, with the lid of the saucepan uncovered, and when tender, pour them into a colander ; let them drain, arrange them in a vegetable-dish, remove the string that the greens were tied with, and serve.

*Time*, 15 to 20 minutes. *Average cost*, 4d. for a dish for 3 persons. *Seasonable* in March, April, and May.

### 309.—BOILED VEGETABLE MARROW.

**INGREDIENTS.**—To each  $\frac{1}{2}$  gallon of water, allow 1 heaped tablespoonful of salt ; vegetable marrows.

*Mode*.—Have ready a saucepan of boiling water, salted in the above proportion ; put in the marrows after peeling them, and boil them until quite tender. Take them up with a slice, halve, and, should they be very large, quarter them. Dish them on toast, and send to table with them a tureen of melted butter, or, in lieu of this, all pat of salt butter. Large vegetable marrows may be preserved through-



VEGETABLE MARROW  
ON TOAST.



out the winter by storing them in a dry place : when wanted for use, a few slices should be cut and boiled in the same manner as above ; but, when once begun, the marrow must be eaten quickly, as it keeps but a short time after it is cut. Vegetable marrows are also very delicious mashed : they should be boiled, then drained, and mashed smoothly with a wooden spoon. Heat them in a saucepan, add a seasoning of salt and pepper, and a small piece of butter, and dish with a few sippets of toasted bread placed round as a garnish.

*Time*,—young vegetable marrows 10 to 20 minutes ; old ones,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. *Average cost*, in full season, 1s. per dozen. *Sufficient*,—allow 1 moderate-sized marrow for each person. *Seasonable* in July, August, and September ; but may be preserved all the winter.

## PUDDINGS AND PASTRY.

### 310.—VERY GOOD PUFF PASTE.

*INGREDIENTS*.—To every lb. of flour allow 1 lb. of butter, and not quite  $\frac{1}{2}$  pint of water.

*Mode*.—Carefully weigh the flour and butter, and have the exact proportion ; squeeze the butter well, to extract the water from it, and afterwards wring it in a clean cloth, that no moisture may remain. Sift the flour ; see that it is perfectly dry, and proceed in the following manner to make the paste, using a very clean pasteboard and rolling-pin :—Supposing the quantity to be 1 lb. of flour, work the whole into a smooth paste, with not quite  $\frac{1}{2}$  pint of water, using a knife to mix it with : the proportion of this latter ingredient must be regulated by the discretion of the cook ; if too much be added, the paste, when baked, will be tough. Roll it out until it is of an equal thickness of about an inch ; break  $\frac{1}{4}$  oz. of the butter into small pieces ; place these on the paste, sift over it a little flour, fold it over, roll out again, and put another  $\frac{1}{4}$  oz. of butter. Repeat the rolling and buttering until the paste has been rolled out 4 times, or equal quantities of flour and butter have been used. Do not omit, every time the paste is rolled out, to dredge a little flour over that and the rolling-pin, to prevent both from sticking. Handle the paste as lightly as possible, and do not press heavily upon it with the rolling-pin. The next thing to be considered is the oven, as the baking of pastry requires particular attention. Do not put it into the oven until it is sufficiently hot to raise the paste ; for the best-prepared paste, if not properly baked, will be good for nothing. Brushing the paste as often as rolled out, and the pieces of butter placed thereon, with the white of an egg, assists it to rise in *leaves* or *flakes*. As this is the great beauty of puff-paste, it is as well to try this method.

*Average cost*, 1s. 10d. per lb.

### 311.—MEDIUM PUFF PASTE.

*INGREDIENTS*.—To every lb. of flour allow  $\frac{3}{4}$  lb. of butter, and  $\frac{3}{4}$  oz. of lard, not quite  $\frac{1}{2}$  pint of water.

*Mode.*—This paste may be made by the directions in the preceding recipe, only using less butter and substituting lard for a portion of it. Mix the flour to a smooth paste with not quite  $\frac{1}{2}$  pint of water; then roll it out 3 times, the first time covering the paste with butter, the second with lard, and the third with butter. Keep the rolling-pin and paste slightly dredged with flour, to prevent them from sticking, and it will be ready for use.

*Average cost, 1s. 3d. per lb.*

### 312.—COMMON PASTE, for Family Pies.

*INGREDIENTS.*— $1\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of butter, rather more than  $\frac{1}{2}$  pint of water.

*Mode.*—Rub the butter lightly into the flour, and mix it to a smooth paste with the water; roll it out 2 or 3 times, and it will be ready for use. This paste may be converted into an excellent short crust for sweet tarts, by adding to the flour, after the butter is rubbed in, 2 tablespoonfuls of fine-sifted sugar.

*Average cost, 10d. per lb.*

### 313.—VERY GOOD SHORT CRUST FOR FRUIT TARTS.

*INGREDIENTS.*—To every lb. of flour allow  $\frac{1}{2}$  lb. of butter, 1 tablespoonful of sifted sugar,  $\frac{1}{2}$  pint of water.

*Mode.*—Rub the butter into the flour, after having ascertained that the latter is perfectly dry; add the sugar, and mix the whole into a stiff paste, with about  $\frac{1}{2}$  pint of water. Roll it out two or three times, folding the paste over each time, and it will be ready for use.

*Average cost, 1s. 3d. per lb.*

### 314.—ANOTHER GOOD SHORT CRUST.

*INGREDIENTS.*—To every lb. of flour allow 8 oz. of butter, the yolks of 2 eggs, 2 oz. of sifted sugar, about  $\frac{1}{2}$  pint of milk.

*Mode.*—Rub the butter into the flour, add the sugar, and mix the whole as lightly as possible to a smooth paste; with the yolks of eggs well beaten, and the milk. The proportion of the latter ingredient must be judged by the size of the eggs; if these are large, so much will not be required, and more if the eggs are smaller.

*Average cost, 1s. 3d. per lb.*

### 315.—COMMON SHORT CRUST.

*INGREDIENTS.*—To every lb. of flour allow 2 oz. of sifted sugar, 3 oz. of butter, about  $\frac{1}{2}$  pint of boiling milk.

*Mode.*—Crumble the butter into the flour as finely as possible, add the sugar, and work the whole up to a smooth paste with the boiling milk. Roll it out thin, and bake in a moderate oven.

*Average cost, 8d. per lb.*

### 316.—BUTTER CRUST, for Boiled Puddings.

*INGREDIENTS.*—To every lb. of flour allow 6 oz. of butter,  $\frac{1}{2}$  pint of water.

*Mode.*—With a knife work the flour to a smooth paste with  $\frac{1}{2}$  pint of water; roll the crust out rather thin; place the butter over it in small pieces; dredge lightly over it some flour, and fold the paste over; repeat the rolling once more, and the crust will be ready for use. It may be enriched by adding another 2 oz. of butter; but, for ordinary purposes, the above quantity will be quite sufficient.

*Average cost, 8d. per lb.*

### 317.—SUET CRUST, for Pies or Puddings.

*INGREDIENTS.*—To every lb. of flour allow 5 or 6 oz. of beef suet,  $\frac{1}{2}$  pint of water.

*Mode.*—Free the suet from skin and shreds; chop it extremely fine, and rub it well into the flour; work the whole to a smooth paste with the above proportion of water; roll it out, and it is ready for use. This crust is quite rich enough for ordinary purposes, but when a better one is desired, use from  $\frac{1}{2}$  to  $\frac{3}{4}$  lb. of suet to every lb. of flour. Some cooks, for rich crusts, pound the suet in a mortar, with a small quantity of butter. It should then be laid on the paste in small pieces, the same as for puff-crust, and will be found exceedingly nice for hot tarts. 5 oz. of suet to every lb. of flour will make a very good crust; and even  $\frac{1}{2}$  lb. will answer very well for children, or where the crust is wanted very plain.

*Average cost, 7d. per lb.*

### 318.—DRIPPING CRUST, for Kitchen Puddings, Pies, &c.

*INGREDIENTS.*—To every lb. of flour allow 6 oz. of clarified beef dripping,  $\frac{1}{2}$  pint of water.

*Mode.*—After having clarified the dripping, weigh it, and to every lb. of flour allow the above proportion of dripping. With a knife, work the flour into a smooth paste with the water, rolling it out 3 times, each time placing on the crust 2 oz. of the dripping, broken into small pieces. If this paste is lightly made, if good dripping is used, and not too much of it, it will be found good; and by the addition of two tablespoonfuls of fine moist sugar, it may be converted into a common short crust for fruit pies.

*Average cost, 6d. per lb.*

### 319.—ALMA PUDDING.

*INGREDIENTS.*— $\frac{1}{2}$  lb. of fresh butter,  $\frac{1}{2}$  lb. of powdered sugar,  $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of currants, 4 eggs.

*Mode.*—Beat the butter to a thick cream, strew in, by degrees, the sugar, and mix both these well together; then dredge the flour in gradually, add the currants, and moisten with the eggs, which should be well beaten. When all the ingredients are well stirred and mixed, butter a mould that will hold the mixture exactly, tie it down with a cloth, put the pudding into boiling water and boil for 5 hours; when turned out, strew some powdered sugar over it, and serve.

*Time, 5 hours. Average cost, 1s. 8d. Sufficient for 5 or 6 persons, eatable at any time.*

**320.—SMALL ALMOND PUDDINGS.**

**INGREDIENTS.**— $\frac{1}{2}$  lb. of sweet almonds, 6 bitter ones,  $\frac{1}{2}$  lb. of butter, 4 eggs, 2 tablespoonfuls of sifted sugar, 2 tablespoonfuls of cream, 1 tablespoonful of brandy.

**Mode.**—Blanch and pound the almonds to a smooth paste with a spoonful of water; warm the butter, mix the almonds with this, and add the other ingredients, leaving out the whites of 2 eggs, and be particular that these are well beaten. Mix well, butter some cups, half fill them, and bake the puddings from 20 minutes to  $\frac{1}{2}$  hour. Turn them out on a dish, and serve with sweet sauce.

**Time.**—20 minutes to  $\frac{1}{2}$  hour. *Aver. cost, 1s. 1d. Sufficient for 4 or 5 persons. Seasonable at any time.*

**321.—BAKED APPLE DUMPLINGS (a Plain Family Dish).**

**INGREDIENTS.**—6 apples,  $\frac{3}{4}$  lb. of suet-crust (No. 317), sugar to taste.

**Mode.**—Pare and take out the cores of the apples without dividing them, and make  $\frac{1}{2}$  lb. of suet-crust by recipe No. 317; roll the apples in the crust, previously sweetening them with moist sugar, and taking care to join the paste nicely. When they are formed into round balls, put them on a tin, and bake them for about  $\frac{1}{2}$  hour, or longer should the apples be very large; arrange them pyramidically on a dish, and sift over them some pounded white sugar. These may be made richer by using one of the puff-pastes instead of suet.

**Time.**—From  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, or longer. *Average cost, 1½d. each. Sufficient for 4 persons. Seasonable from August to March, but flavourless after the end of January.*

**322.—BOILED APPLE DUMPLINGS.**

**INGREDIENTS.**—6 apples,  $\frac{3}{4}$  lb. of suet-crust (No. 317), sugar to taste.

**Mode.**—Pare and take out the cores of the apples without dividing them; sweeten, and roll each apple in a piece of crust, made by recipe No. 317; be particular that the paste is nicely joined; put the dumplings into floured cloths, tie them securely, and put them into boiling water. Keep them boiling from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour; remove the cloths, and send them hot and quickly to table. Dumplings boiled in knitted cloths have a very pretty appearance when they come to table. The cloths should be made square, just large enough to hold one dumpling, and should be knitted in plain knitting, with very coarse cotton.

**Time.**— $\frac{1}{2}$  to 1 hour, or longer should the dumplings be very large. *Average cost, 1½d. each. Sufficient for 4 persons. Seasonable from August to March, but flavourless after the end of January.*

**323.—BAKED APPLE PUDDING.**

(Very good.)

**INGREDIENTS.**—3 moderate-sized apples, 2 tablespoonfuls of finely-chopped suet, 3 eggs, 3 tablespoonfuls of flour, 1 pint of milk, a little grated nutmeg.

*Mode*.—Mix the flour to a smooth batter with the milk; add the eggs, which should be well whisked, and put this batter into a well-buttered pie-dish. Wipe the apples clean, but do not pare them; cut them in halves, and take out the cores; lay them in the batter, rind uppermost; shake the suet on the top, over which also grate a little nutmeg; bake in a moderate oven for an hour, and cover when served, with sifted loaf sugar. This pudding is also very good with the apples pared, sliced, and mixed with the batter.

*Time*,—1 hour. *Average cost*, 9d. *Sufficient* for 5 or 6 persons.

### 324.—BOILED APPLE PUDDING.

*INGREDIENTS*.—Crust (No. 317), apples, sugar to taste, 1 small teaspoonful of finely-minced lemon-peel, 2 tablespoonfuls of lemon-juice.

*Mode*.—Make a butter-crust by recipe No. 316, or a suet one by recipe No. 317, using for a moderate-sized pudding from  $\frac{3}{4}$  to 1 lb. of flour, with the other ingredients in proportion. Butter a basin; line it with some of the paste; pare, core, and cut the apples into slices, and fill the basin with these; add the sugar, the lemon-peel and juice, and cover with crust; pinch the edges together, flour the cloth, place it over the pudding, tie it securely, and put it into plenty of fast-boiling water. Let it boil from  $1\frac{1}{2}$  to  $2\frac{1}{2}$  hours, according to the size; then turn it out of the basin, and send to table quickly. Apple puddings may also be boiled in a cloth without a basin; but, when made in this way, must be served without the least delay, as the crust so soon becomes heavy. Apple pudding is a very convenient dish to have when the dinner-hour is rather uncertain, as it does not spoil by being boiled an extra-hour; care, however, must be taken to keep it well covered with the water all the time, and not to allow it to stop boiling.

*Time*, from  $1\frac{1}{2}$  to  $2\frac{1}{2}$  hours, according to the size of the pudding, and the quality of the apples. *Average cost*, 1s. *Sufficient*, made with 1 lb. of flour, for 7 or 8 persons. *Seasonable* from August to March; but the apples become flavourless and scarce after February.

### 325.—APPLE SNOWBALLS.

*INGREDIENTS*.—2 teaspoonfuls of rice, apples, moist sugar, cloves.

*Mode*.—Boil the rice in milk until three-parts done; then strain it off, and pare and core the apples without dividing them. Put a small quantity of sugar and a clove into each apple, put the rice round them, and tie each ball separately in a cloth. Boil until the apples are tender; then take them up, remove the cloths, and serve.

*Time*,  $\frac{1}{2}$  hour to boil the rice separately;  $\frac{1}{2}$  to 1 hour with the apple. *Seasonable* from August to March.

### 326.—APPLE TART OR PIE.

*INGREDIENTS*.—Puff-paste (No. 310 or 311), apples; to every lb. of unpared apples, allow 2 oz. of moist sugar,  $\frac{1}{2}$  teaspoonful of finely-minced lemon-peel, 1 tablespoonful of lemon-juice.

*Mode*.—Make  $\frac{1}{2}$  lb. of puff-paste by either of the above-named recipes.

place a border of it round the edge of a pie-dish, and fill it with apples pared, cored, and cut into slices; sweeten with moist sugar, add the lemon-peel and juice, and 2 or 3 tablespoonfuls of water; cover with crust, cut it evenly round close to the edge of the pie-dish, and bake in a hot oven from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, or rather longer, should the pie be very large. When it is three-parts done, take it out of the oven, put the white of an egg on a plate, and, with the blade of a knife, whisk it to a froth; brush the pie over with this, then sprinkle upon it some sifted sugar, and then a few drops of water. Put the pie back into the oven, and finish baking, and be particularly careful that it does not catch or burn, which it is very liable to do after the crust is iced. If made with a plain crust, the icing may be omitted.

*Time*,  $\frac{1}{2}$  hour before the crust is iced; 10 to 15 minutes afterwards. *Average cost*, 1s. *Sufficient*,—allow 2 lb. of apples for a tart for 6 persons. *Seasonable* from August to March; but the apples become flavourless after February.

*Note*.—Many things are suggested for the flavouring of apple pie; some say 2 or 3 tablespoonfuls of beer, others the same quantity of sherry, which very much improves the taste; whilst the old-fashioned addition of a few cloves is, by many persons, preferred to anything else, as also a few slices of quince.

### 327.—CREAMED APPLE TART.

**INGREDIENTS.**—*Puff-crust No. 310, or 311, apples; to every lb. of pared and cored apples, allow 2 oz. of moist sugar,  $\frac{1}{2}$  teaspoonful of minced lemon-peel, 1 tablespoonful of lemon-juice,  $\frac{1}{2}$  pint of boiled custard.*

*Mode*.—Make an apple tart by the preceding recipe, with the exception of omitting the icing. When the tart is baked, cut out the middle of the lid or crust, leaving a border all round the dish. Fill up with a nicely-made boiled custard, grate a little nutmeg over the top, and the pie is ready for table. This tart is usually eaten cold; is rather an old-fashioned dish, but, at the same time, extremely nice.

*Time*,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. *Average cost*, 1s. 5d. *Sufficient* for 5 or 6 persons. *Seasonable* from August to March.

### 328.—BAKED OR BOILED ARROWROOT PUDDING.

**INGREDIENTS.**—*2 tablespoonfuls of arrowroot,  $1\frac{1}{2}$  pint of milk, 1 oz. of butter, the rind of  $\frac{1}{2}$  lemon, 2 heaped tablespoonfuls of moist sugar, a little grated nutmeg.*

*Mode*.—Mix the arrowroot with as much cold milk as will make it into a smooth batter, moderately thick; put the remainder of the milk into a stew-pan with the lemon-peel, and let it infuse for about  $\frac{1}{2}$  hour; when it boils, strain it gently to the batter, stirring it all the time to keep it smooth; then add the butter; beat this well in until thoroughly mixed, and sweeten with moist sugar. Put the mixture into a pie-dish, round which has been placed a border of paste, grate a little nutmeg over the top, and bake the pudding from 1 to  $1\frac{1}{2}$  hour, in a moderate oven, or boil it the same length of time in a well-buttered basin. To enrich this pudding, stir to the other ingredients, just before it is put in the oven, 3 well-whisked eggs, and add a tablespoonful of

brandy. For a nursery pudding, the addition of the latter ingredients will be found quite superfluous, as also the paste round the edge of the dish.

*Time*, 1 to 1½ hour, baked or boiled. *Average cost*, 7d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

### 329.—AUNT NELLY'S PUDDING.

**INGREDIENTS.**—½ lb. of flour, ½ lb. of treacle, ½ lb. of suet, the rind and juice of 1 lemon, a few strips of candied lemon-peel, 3 tablespoonfuls of cream, 2 eggs.

*Mode.*—Chop the suet finely; mix with it the flour, treacle, lemon-peel minced, and candied lemon-peel; add the cream, lemon-juice, and 2 well-beaten eggs; beat the pudding well, put it into a buttered basin, tie it down with a cloth, and boil from 3½ to 4 hours.

*Time*, 3½ to 4 hours. *Average cost*, 1s. 2d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time, but more suitable for a winter pudding.

### 330.—A BACHELOR'S PUDDING.

**INGREDIENTS.**—4 oz. of grated bread, 4 oz. of currants, 4 oz. of apples, 2 oz. of sugar, 3 eggs, a few drops of essence of lemon, a little grated nutmeg.

*Mode.*—Pare, core, and mince the apples very finely, sufficient, when minced, to make 4 oz.; add to these the currants, which should be well washed, the grated bread, and sugar; whisk the eggs, beat these up with the remaining ingredients, and when all is thoroughly mixed, put the pudding into a buttered basin, tie it down with a cloth, and boil for 3 hours.

*Time*, 3 hours. *Average cost*, 9d. *Sufficient* for 4 or 5 persons. *Seasonable* from August to March.

### 331.—BARONESS'S PUDDING.

(Author's Recipe.)

**INGREDIENTS.**—¾ lb. of suet, ¾ lb. of raisins weighed after being stoned, ¾ lb. of flour, ½ pint of milk, ½ saltspoonful of salt.

*Mode.*—Prepare the suet, by carefully freeing it from skin, and chop it finely; stone the raisins, cut them in halves, and mix both these ingredients with the salt and flour; moisten the whole with the above proportion of milk, stir the mixture well, and tie the pudding in a floured cloth, which has been previously wrung out in boiling water. Put the pudding into a saucepan of boiling water, and let it boil, without ceasing, 4½ hours. Serve merely with plain sifted sugar, a little of which may be sprinkled over the pudding.

*Time*, 4½ hours. *Average cost*, 1s. 4d. *Sufficient* for 7 or 8 persons. *Seasonable* in winter, when fresh fruit is not obtainable.

*Notes.*—This pudding the editress cannot too highly recommend. The recipe was kindly given to her family by a lady who bore the title here prefixed to it; and with all who have partaken of it, it is an especial favourite. Nothing is of greater consequence, in the above directions, than attention to the time of boiling, which should never be less than that mentioned.

### 332.—BAKED BATTER PUDDING.

**INGREDIENTS.**—½ pint of milk, 4 tablespoonfuls of flour, 2 oz. of butter, 4 eggs, a little salt.

*Mode*.—Mix the flour with a small quantity of cold milk; make the remainder hot, and pour it on to the flour, keeping the mixture well stirred; add the butter, eggs, and salt; beat the whole well, and put the pudding into a buttered pie-dish; bake for  $\frac{3}{4}$  hour, and serve with sweet sauce, wine sauce or stewed fruit. Baked in small cups, this makes very pretty little puddings, and should be eaten with the same accompaniments as above.

*Time*,  $\frac{3}{4}$  hour. *Average cost*, 11d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

### 333.—BAKED BATTER PUDDING, with Dried or Fresh Fruit.

*INGREDIENTS*.— $1\frac{1}{2}$  pint of milk, 4 tablespoonfuls of flour, 3 eggs, 2 oz. of finely-shredded suet,  $\frac{1}{4}$  lb. of currants, a pinch of salt.

*Mode*.—Mix the milk, flour, and eggs to a smooth batter; add a little salt, the suet, and the currants, which should be well washed, picked, and dried; put the mixture into a buttered pie-dish, and bake in a moderate oven for  $1\frac{1}{4}$  hour. When fresh fruits are in season, this pudding is exceedingly nice, with damsons, plums, red currants, gooseberries, or apples; when made with these, the pudding must be thickly sprinkled over with sifted sugar. Boiled batter pudding, with fruit, is made in the same manner, by putting the fruit into a buttered basin, and filling it up with batter made in the above proportion, but omitting the suet. It must be sent quickly to table, and covered plentifully with sifted sugar.

*Time*, baked batter pudding, with fruit,  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hour; boiled ditto,  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hour, allowing that both are made with the above proportion of batter. Smaller puddings will be done enough in  $\frac{3}{4}$  or 1 hour. *Average cost*, 10d. *Sufficient* for 7 or 8 persons. *Seasonable* at any time, with dried fruits.

### 334.—BOILED BATTER PUDDING.

*INGREDIENTS*.—3 eggs, 1 oz. of butter, 1 pint of milk, 3 tablespoonfuls of flour, a little salt.

*Mode*.—Put the flour into a basin, and add sufficient milk to moisten it; carefully rub down all the lumps with a spoon, then pour in the remainder of the milk, and stir in the butter, which should be previously melted; keep beating the mixture, add the eggs and a pinch of salt, and when the batter is quite smooth, put it into a well-buttered basin, tie it down very tightly, and put it into boiling water; move the basin about for a few minutes after it is put into the water, to prevent the flour settling in any part, and boil for  $1\frac{1}{4}$  hour. This pudding may also be boiled in a floured cloth that has been wetted in hot water; it will then take a few minutes less than when boiled in a basin. Send these puddings very quickly to table, and serve with sweet sauce, wine sauce, stewed fruit, or jam of any kind: when the latter is used, a little of it may be placed round the dish in small quantities, as a garnish.

*Time*,  $1\frac{1}{4}$  hour in a basin, 1 hour in a cloth. *Average cost*, 7d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

### 335.—BAKED BREAD PUDDING.

*INGREDIENTS*.— $\frac{1}{2}$  lb. of grated bread, 1 pint of milk, 4 eggs, 4 oz. of butter,



*4 os. of moist sugar, 2 os. of candied peel, 6 bitter almonds, 1 tablespoonful of brandy.*

*Mode.*—Put the milk into a stewpan, with the bitter almonds; let it infuse for  $\frac{1}{2}$  hour; bring it to the boiling point; strain it on to the bread crumbs, and let these remain till cold; then add the eggs, which should be well whisked, the butter, sugar, and brandy, and beat the pudding well until all the ingredients are thoroughly mixed; line the bottom of a pie-dish with the candied peel sliced thin, put in the mixture, and bake for nearly  $\frac{3}{4}$  hour.

*Time,* nearly  $\frac{3}{4}$  hour. *Average cost,* 1s. 4d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

*Note.*—A few currants may be substituted for the candied peel, and will be found an excellent addition to this pudding: they should be beaten in with the mixture, and not laid at the bottom of the pie-dish.

### 336.—BAKED BREAD-AND-BUTTER PUDDING.

*INGREDIENTS.*—9 thin slices of bread and butter,  $1\frac{1}{2}$  pint of milk, 4 eggs, sugar to taste,  $\frac{1}{2}$  lb. of currants, flavouring of vanilla, grated lemon-peel or nutmeg.

*Mode.*—Cut 9 slices of bread and butter not very thick, and put them into a pie-dish, with currants between each layer and on the top. Sweeten and flavour the milk, either by infusing a little lemon-peel in it, or by adding a few drops of essence of vanilla; well whisk the eggs, and stir these to the milk. Strain this over the bread and butter, and bake in a moderate oven for 1 hour, or rather longer. This pudding may be very much enriched by adding cream, candied peel, or more eggs than stated above. It should not be turned out, but sent to table in the pie-dish, and is better for being made about 2 hours before it is baked.

*Time,* 1 hour, or rather longer. *Average cost,* 9d. *Sufficient* for 6 or 7 persons. *Seasonable* at any time.

### 337.—BOILED BREAD PUDDING

*INGREDIENTS.*— $1\frac{1}{2}$  pint of milk,  $\frac{3}{4}$  pint of bread crumbs, sugar to taste, 4 eggs, 1 os. of butter, 3 os. of currants,  $\frac{1}{2}$  teaspoonful of grated nutmeg.

*Mode.*—Make the milk boiling, and pour it on the bread crumbs; let these remain till cold; then add the other ingredients, taking care that the eggs are well beaten, and the currants well washed, picked, and dried. Beat the pudding well, and put it into a buttered basin; tie it down tightly with a cloth, plunge it into boiling water, and boil for  $1\frac{1}{2}$  hour; turn it out of the basin, and serve with sifted sugar. Any odd pieces or scraps of bread answer for this pudding; but they should be soaked overnight, and, when wanted for use, should have the water well squeezed from them.

*Time,*  $1\frac{1}{2}$  hour. *Average cost,* 1s. *Sufficient* for 6 or 7 persons. *Seasonable* at any time.

### 338.—VERY PLAIN BREAD PUDDING.

*INGREDIENTS.*—Odd pieces of crust or crumbs of bread; to every quart allow  $\frac{3}{4}$  teaspoonful of salt, 1 teaspoonful of grated nutmeg, 3 os. of moist sugar,  $\frac{3}{4}$  lb. of currants,  $1\frac{1}{2}$  os. of butter.

**Mode.**—Break the bread into small pieces, and pour on them as much boiling water as will soak them well. Let these stand till the water is cool; then press it out, and mash the bread with a fork until it is quite free from lumps. Measure this pulp, and to every quart stir in salt, nutmeg, sugar, and currants in the above proportion; mix all well together, and put it into a well-buttered pie-dish. Smooth the surface with the back of a spoon, and place the butter in small pieces over the top; bake in a moderate oven for  $1\frac{1}{2}$  hour, and serve very hot. Boiling milk substituted for the boiling water would very much improve this pudding.

*Time*,  $1\frac{1}{2}$  hour. *Average cost*, 6d., exclusive of the bread. *Sufficient* for 6 or 7 persons. *Seasonable* at any time.

### 339.—A PLAIN CABINET or BOILED BREAD-AND-BUTTER PUDDING.

**INGREDIENTS.**—2 oz. of raisins, a few thin slices of bread and butter, 3 eggs, 1 pint of milk, sugar to taste,  $\frac{1}{4}$  nutmeg.

**Mode.**—Butter a pudding-basin, and line the inside with a layer of raisins that have been previously stoned; then nearly fill the basin with slices of bread and butter with the crust cut off, and in another basin, beat the eggs; add to them the milk, sugar, and grated nutmeg; mix all well together, and pour the whole on to the bread and butter; let it stand  $\frac{1}{2}$  hour, then tie a floured cloth over it; boil for 1 hour, and serve with sweet sauce. Care must be taken that the basin is quite full before the cloth is tied over.

*Time*, 1 hour. *Average cost*, 9d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

### 340.—CANARY PUDDING.

**INGREDIENTS.**—The weight of 8 eggs in sugar and butter, the weight of 2 eggs in flour, the rind of 1 small lemon, 8 eggs.

**Mode.**—Melt the butter to a liquid state, but do not allow it to oil; add to this the sugar and finely-minced lemon-peel, and gradually dredge in the flour, keeping the mixture well stirred; whisk the eggs; add these to the pudding; beat all the ingredients until thoroughly blended, and put them into a buttered mould or basin; boil for 2 hours, and serve with sweet sauce.

*Time*, 2 hours. *Average cost*, 1s. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

### 341.—BAKED OR BOILED CARROT PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of bread crumbs, 4 oz. of suet,  $\frac{1}{2}$  lb. of stoned raisins,  $\frac{1}{2}$  lb. of carrot,  $\frac{1}{2}$  lb. of currants, 3 oz. of sugar, 3 eggs, milk,  $\frac{1}{4}$  nutmeg.

**Mode.**—Boil the carrots until tender enough to mash to a pulp; add the remaining ingredients, and moisten with sufficient milk to make the pudding of the consistency of thick batter. If to be boiled, put the mixture into a buttered basin, tie it down with a cloth, and boil for  $2\frac{1}{2}$  hours: if to be baked, put it into a pie-dish, and bake for nearly an hour; turn it out of the dish, strewn sifted sugar over it and serve.

*Time*,  $2\frac{1}{2}$  hours to boil; one hour to bake. *Average cost*, 1s. 2d. *Sufficient* for 5 or 6 persons. *Seasonable* from September to March.

## 342.—CHERRY TART.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of cherries, 2 small tablespoonfuls of moist sugar,  $\frac{1}{2}$  lb. of short crust (No. 313 or 314).

**Mode.**—Pick the stalks from the cherries, put them, with the sugar, into a deep pie-dish just capable of holding them, with a small cup placed upside down in the midst of them. Make a short crust with  $\frac{1}{2}$  lb. of flour, by either of the recipes 313 or 314; lay a border round the edge of the dish; put on the cover, and ornament the edges; bake in a brisk oven from  $\frac{1}{2}$  hour to 40 minutes; strew finely-sifted sugar over, and serve hot or cold, although the latter is the more usual mode. It is more economical to make two or three tarts at one time, as the trimmings from one tart answer for lining the edges of the dish for another, and so much paste is not required as when they are made singly. Unless for family use, never make fruit pies in very large dishes; select them, however, as deep as possible.

**Time,**  $\frac{1}{2}$  hour to 40 minutes. **Average cost,** in full season, 9d. **Sufficient** for 5 or 6 persons. **Seasonable** in June, July, and August.

**Note.**—A few currants added to the cherries will be found to impart a nice piquant taste to them.

## 343.—A PLAIN CHRISTMAS PUDDING FOR CHILDREN.

**INGREDIENTS.**—1 lb. of flour, 1 lb. of bread crumbs,  $\frac{3}{4}$  lb. of stoned raisins,  $\frac{3}{4}$  lb. of currants,  $\frac{3}{4}$  lb. of suet, 3 or 4 eggs, milk, 2 oz. of candied peel, 1 teaspoonful of powdered allspice,  $\frac{1}{2}$  saltspoonful of salt.

**Mode.**—Let the suet be finely chopped, the raisins stoned, and the currants well washed, picked, and dried. Mix these with the other dry ingredients, and stir all well together; beat and strain the eggs to the pudding, stir these in, and add just sufficient milk to make it mix properly. Tie it up in a well-floured cloth, put it into boiling water, and boil for at least 5 hours. Serve with a sprig of holly placed in the middle of the pudding, and a little pounded sugar sprinkled over it.

**Time,** 5 hours. **Average cost,** 1s. 10d. **Sufficient** for 9 or 10 children. **Seasonable** at Christmas.

## 344.—ROYAL COBURG PUDDING.

**INGREDIENTS.**—1 pint of new milk, 6 oz. of flour, 6 oz. of sugar, 6 oz. of butter, 6 oz. of currants, 6 eggs, brandy and grated nutmeg to taste.

**Mode.**—Mix the flour to a smooth batter with the milk, add the remaining ingredients gradually, and when well mixed, put it into four basins or moulds half full; bake for  $\frac{1}{2}$  hour, turn the puddings out on a dish, and serve with wine sauce.

**Time,**  $\frac{1}{2}$  hour. **Average cost,** 1s. 9d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

## 345.—CURRANT DUMPLINGS.

**INGREDIENTS.**—1 lb. of flour, 6 oz. of suet,  $\frac{1}{2}$  lb. of currants, rather more than  $\frac{1}{2}$  pint of water.

**Mode.**—Chop the suet finely, mix it with the flour, and add the currants,

which should be nicely washed, picked, and dried; mix the whole to a limy paste with the water (if wanted very nice, use milk); divide it into 7 or 8 dumplings; tie them in cloths, and boil for  $1\frac{1}{2}$  hour. They may be boiled without a cloth: they should then be made into round balls, and dropped into boiling water, and should be moved about at first, to prevent them from sticking to the bottom of the saucepan. Serve with a cut lemon, cold butter, and sifted sugar.

*Time*, in a cloth,  $1\frac{1}{2}$  hour; without,  $\frac{3}{4}$  hour. *Average cost*, 9d. *Sufficient* for 6 or 7 persons. *Seasonable* at any time.

### 346.—BOILED CURRANT PUDDING.

*(Plain and Economical.)*

**INGREDIENTS.**—1 lb. of flour,  $\frac{1}{2}$  lb. of suet,  $\frac{1}{2}$  lb. of currants, milk.

*Mode.*—Wash the currants, dry them thoroughly, and pick away any stalks or grit; chop the suet finely; mix all the ingredients together, and moisten with sufficient milk to make the pudding into a stiff batter; tie it up in a floured cloth, put it into boiling water, and boil for  $3\frac{1}{2}$  hours; serve with a cut lemon, cold butter, and sifted sugar.

*Time*,  $3\frac{1}{2}$  hours. *Average cost*, 10d. *Sufficient* for 7 or 8 persons. *Seasonable*, at any time.

### 347.—BLACK or RED CURRANT PUDDING.

**INGREDIENTS.**—1 quart of red or black currants, measured with the stalks,  $\frac{1}{2}$  lb. of moist sugar, suet crust (No. 317), or butter crust (No. 316).

*Mode.*—Make, with  $\frac{3}{4}$  lb. of flour, either a suet crust or butter crust (the former is usually made); butter a basin, and line it with part of the crust; put in the currants, which should be stripped from the stalks, and sprinkle the sugar over them; put the cover of the pudding on; make the edges very secure, that the juice does not escape; tie it down with a floured cloth, put it into boiling water, and boil from  $2\frac{1}{2}$  to 3 hours. Boiled without a basin, allow  $\frac{1}{2}$  hour less. We have given rather a large proportion of sugar; but we find fruit puddings are so much more juicy and palatable when well sweetened before they are boiled, besides being more economical. A few raspberries added to red-currant pudding are a very nice addition: about  $\frac{1}{2}$  pint would be sufficient for the above quantity of fruit. Fruit puddings are very delicious if, when they are turned out of the basin, the crust is browned with a salamander, or put into a very hot oven for a few minutes to colour it: this makes it crisp on the surface.

*Time*,  $2\frac{1}{2}$  to 3 hours; without a basin, 2 to  $2\frac{1}{2}$  hours. *Average cost*, in full season, 8d. *Sufficient* for 6 or 7 persons. *Seasonable* in June, July, and August.

### 348.—RED-CURRANT AND RASPBERRY TART.

**INGREDIENTS.**— $1\frac{1}{2}$  pint of picked currants,  $\frac{1}{2}$  pint of raspberries, 2 heaped table-spoonfuls of moist sugar,  $\frac{1}{2}$  lb. of short crust.

*Mode.*—Strip the currants from the stalks, and put them into a deep dis-

dish, with a small cup placed in the midst, bottom upwards; add the raspberries and sugar; place a border of paste round the edge of the dish, cover with crust, ornament the edges, and bake from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour: strew some sifted sugar over before being sent to table. This tart is more generally served cold than hot.

*Time,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Average cost, 1s. 2d. Sufficient for 5 or 6 persons. Seasonable in June, July, and August.*

### 349.—BAKED CUSTARD PUDDING.

**INGREDIENTS.**— $1\frac{1}{2}$  pint of milk, the rind of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  lb. of moist sugar, 4 eggs.

*Mode.*—Put the milk into a saucepan with the sugar and lemon-rind, and let this infuse for about  $\frac{1}{2}$  hour, or until the milk is well flavoured; whisk the eggs, yolks and whites; pour the milk to them, stirring all the while; then have ready a pie-dish, lined at the edge with paste ready baked; strain the custard into the dish, grate a little nutmeg over the top, and bake in a very slow oven for about  $\frac{1}{2}$  hour, or rather longer. The flavour of this pudding may be varied by substituting bitter almonds for the lemon-rind; and it may be very much enriched by using half cream and half milk, and doubling the quantity of eggs.

*Time,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Average cost, 9d. Sufficient for 5 or 6 persons. Seasonable at any time.*

*Note.*—This pudding is usually served cold with fruit tarts.

### 350.—DAMSON PUDDING.

**INGREDIENTS.**— $1\frac{1}{2}$  pint of damsons,  $\frac{1}{2}$  lb. of moist sugar,  $\frac{3}{4}$  lb. of suet or butter crust.

*Mode.*—Make a suet crust with  $\frac{3}{4}$  lb. of flour by recipe No. 317; line a buttered pudding-basin with a portion of it; fill the basin with the damsons, sweeten them, and put on the lid; pinch the edges of the crust together, that the juice does not escape; tie over a floured cloth, put the pudding into boiling water, and boil from  $2\frac{1}{2}$  to 3 hours.

*Time,  $2\frac{1}{2}$  to 3 hours. Average cost, 9d. Sufficient for 6 or 7 persons. Seasonable in September and October.*

### 351.—DELHI PUDDING.

**INGREDIENTS.**—4 large apples, a little grated nutmeg, 1 teaspoonful of minced lemon-peel, 2 large tablespoonfuls of sugar, 6 oz. of currants,  $\frac{1}{2}$  lb. of suet crust, No. 317.

*Mode.*—Pare, core, and cut the apples into slices; put them into a saucepan, with the nutmeg, lemon-peel, and sugar; stir them over the fire until soft; then have ready the above proportion of crust, roll it out thin, spread the apples over the paste, sprinkle over the currants, roll the pudding up, tying the ends properly, tie it in a floured cloth, and boil for 3 hours.

*Time, 3 hours. Average cost, 1s. Sufficient for 5 or 6 persons. Seasonable from August to March.*

## 352.—EMPERESS PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of rice, 2 oz. of butter, 3 eggs, jam, sufficient milk to soften the rice.

**Mode.**—Boil the rice in the milk until very soft; then add the butter; boil it for a few minutes after the latter ingredient is put in, and set it by to cool. Well beat the eggs, stir these in, and line a dish with puff-paste; put over this a layer of rice, then a thin layer of any kind of jam, then another layer of rice, proceeding in this manner until the dish is full; and bake in a moderate oven for  $\frac{3}{4}$  hour. This pudding may be eaten hot or cold; if the latter, it will be much improved by having a boiled custard poured over it.

**Time,**  $\frac{3}{4}$  hour. **Average cost,** 1s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

## 353.—FOLKESTONE PUDDING-PIE.

**INGREDIENTS.**—1 pint of milk, 3 oz. of ground rice, 3 oz. of butter,  $\frac{1}{2}$  lb. of sugar, flavoured of lemon-peel or bay-leaf, 6 eggs, puff-paste, currants.

**Mode.**—Infuse 2 laurel or bay leaves, or the rind of  $\frac{1}{2}$  lemon, in the milk, and when it is well flavoured, strain it, and add the rice; boil these for  $\frac{1}{2}$  hour, stirring all the time; then take them off the fire, stir in the butter, sugar, and eggs, and let these latter be well beaten before they are added to the other ingredients; when nearly cold, line some patty-pans with puff-paste, fill with the custard, strew over each a few currants, and bake from 20 to 25 minutes in a moderate oven.

**Time,** 20 to 25 minutes. **Average cost,** 1s. 1d. **Sufficient** to fill a dozen patty-pans. **Seasonable** at any time.

## 354.—FRUIT TURNOVERS (suitable for Pic-Nic).

**INGREDIENTS.**—Puff-paste (No. 311), any kind of fruit, sugar to taste.

**Mode.**—Make some puff-paste by recipe No. 311; roll it out to the thickness of about  $\frac{1}{2}$  inch, and cut it out in pieces of a circular form; pile the fruit on half of the paste, sprinkle over some sugar, wet the edges and turn the paste over. Press the edges together, ornament them, and brush the turnovers with the white of an egg; sprinkle over sifted sugar, and bake on tins, in a brisk oven, for about 20 minutes. Instead of putting the fruit in raw, it may be boiled down with a little sugar first, and then inclosed in the crust; or jam, of any kind, may be substituted for fresh fruit.

**Time,** 20 minutes. **Sufficient,**  $\frac{1}{2}$  lb. of puff-paste will make a dozen turnovers. **Seasonable** at any time.

## 355.—GINGER PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  lb. of moist sugar, 1 large spoonful of grated ginger.

**Mode.**—Sift the sugar very fine, mix it with the flour, sugar, and ginger, stir all well together; butter a basin, and put the mixture in it; line a dish over, and bake for  $\frac{3}{4}$  hour.

**Time,**  $\frac{3}{4}$  hour. **Average cost,** 4d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

### 353.—GOLDEN PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of bread crumbs,  $\frac{1}{2}$  lb. of suet,  $\frac{1}{2}$  lb. of marmalade,  $\frac{1}{2}$  lb. of sugar, 4 eggs.

**Mode.**—Put the bread crumbs into a basin; mix with them the suet, which should be finely minced, the marmalade, and the sugar; stir all these ingredients well together, beat the eggs to a froth, moisten the pudding with these, and when well mixed, put it into a mould or buttered basin; tie down with a floured cloth, and boil for 2 hours. When turned out, strew a little fine-sifted sugar over the top, and serve.

**Time,** 2 hours. **Average cost,** 11d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

**Note.**—The mould may be ornamented with stone raisins, arranged in any fanciful pattern, before the mixture is poured in, which would add very much to the appearance of the pudding. For a plainer pudding, double the quantities of the bread crumbs, and if the eggs do not moisten it sufficiently, use a little milk.

### 357.—BAKED GOOSEBERRY PUDDING.

**INGREDIENTS.**—Gooseberries, 3 eggs,  $1\frac{1}{2}$  oz. of butter,  $\frac{1}{2}$  pint of bread crumbs, sugar to taste.

**Mode.**—Put the gooseberries into a jar, previously cutting off the tops and tails; place this jar in boiling water, and let it boil until the gooseberries are soft enough to pulp; then beat them through a coarse sieve, and to every pint of pulp add 3 well-whisked eggs,  $1\frac{1}{2}$  oz. of butter,  $\frac{1}{2}$  pint of bread crumbs, and sugar to taste; beat the mixture well, lay a border of puff-paste round the edge of a pie-dish, put in the pudding, bake for about 40 minutes, strew sifted sugar over, and serve.

**Time,** about 40 minutes. **Average cost,** 10d. **Sufficient** for 4 or 5 persons. **Seasonable** from May to July.

### 358.—BOILED GOOSEBERRY PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of suet crust (No. 317),  $1\frac{1}{2}$  pint of green gooseberries,  $\frac{1}{2}$  lb. of moist sugar.

**Mode.**—Line a pudding-basin with suet crust (No. 317), rolled out to about  $\frac{1}{2}$  inch in thickness, and, with a pair of scissors, cut off the tops and tails of the gooseberries; fill the basin with the fruit, put in the sugar, and cover with crust. Pinch the edges of the pudding together, tie over it a floured cloth, put it into boiling water, and boil from  $\frac{3}{4}$  to 2 hours; turn it out of the basin, and serve with a jug of cream.



common supper pudding.

**Time,**  $\frac{3}{4}$  to 2 hours. **Average cost,** 10d. **Sufficient** for 6 or 7 persons. **Seasonable** from May to July.

### 359.—GOOSEBERRY TART.

**INGREDIENTS.**— $1\frac{1}{2}$  pint of gooseberries,  $\frac{1}{2}$  lb. of moist sugar (No. 312 or 314),  $\frac{1}{2}$  lb. of moist sugar.

**Mode.**—With a pair of scissors cut off the tops and tails of the gooseberries;

put them into a deep pie-dish, pile the fruit high in the centre, and put in the sugar; line the edge of the dish with a short crust, put on the cover, and ornament the edges of the tart; bake in a good oven for about  $\frac{3}{4}$  hour, and before being sent to table, strew over it some fine-sifted sugar. A jug of cream, or a dish of boiled or baked mustards, should always accompany this dish.

*Time,  $\frac{3}{4}$  hour. Average cost, 9d. Sufficient for 5 or 6 persons. Seasonable from May to July.*

### 360.—HALF-PAY PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of suet,  $\frac{1}{2}$  lb. of currants,  $\frac{1}{2}$  lb. of raisins,  $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of bread crumbs, 2 tablespoonfuls of treacle,  $\frac{1}{2}$  pint of milk.

**Mode.**—Chop the suet finely; mix with it the currants, which should be nicely washed and dried, the raisins, which should be stoned, the flour, bread crumbs, and treacle; moisten with the milk, beat up the ingredients until all are thoroughly mixed, put them into a buttered basin, and boil the pudding for  $3\frac{1}{2}$  hours.

*Time,  $3\frac{1}{2}$  hours. Average cost, 8d. Sufficient for 5 or 6 persons. Seasonable at any time.*

### 361.—BAKED LEMON PUDDING.

#### I.

**INGREDIENTS.**—The yolks of 4 eggs, 4 oz. of pounded sugar, 1 lemon,  $\frac{1}{2}$  lb. of butter, puff-crust.

**Mode.**—Beat the eggs to a froth; mix with them the sugar and warmed butter; stir these ingredients well together, putting in the grated rind and strained juice of the lemon-peel. Line a shallow dish with puff-paste; put in the mixture, and bake in a moderate oven for 40 minutes; turn the pudding out of the dish, strew over it sifted sugar, and serve.

*Time, 40 minutes. Average cost, 10d. Sufficient for 5 or 6 persons. Seasonable at any time.*

### 362.—BAKED LEMON PUDDING.

#### II.

**INGREDIENTS.**—10 oz. of bread crumbs, 2 pints of milk, 2 oz. of butter, 1 lemon,  $\frac{1}{2}$  lb. of pounded sugar, 4 eggs, 1 tablespoonful of brandy.

**Mode.**—Bring the milk to the boiling point, stir in the butter, and pour these hot over the bread crumbs; add the sugar and very finely-minced lemon-peel; beat the eggs, and stir these in with the brandy to the other ingredients; put a paste round the dish, and bake for  $\frac{3}{4}$  hour.

*Time,  $\frac{3}{4}$  hour. Average cost, 1s. 3d. Sufficient for 6 or 7 persons. Seasonable at any time.*

### 363.—BOILED LEMON PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of chopped suet,  $\frac{3}{4}$  lb. of bread crumbs, 2 small lemons, 6 oz. of moist sugar,  $\frac{1}{2}$  lb. of flour, 2 eggs, milk.

**Mode.**—Mix the suet, bread crumbs, sugar, and flour well together, adding the lemon-peel, which should be very finely minced, and the juice, which



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should be strained. When these ingredients are well mixed, moisten with the eggs and sufficient milk to make the pudding of the consistency of thick batter; put it into a well-buttered mould, and boil for  $3\frac{1}{2}$  hours; turn it out, strew sifted sugar over, and serve with wine sauce, or not, at pleasure.

*Time,  $3\frac{1}{2}$  hours. Average cost, 1s. Sufficient for 7 or 8 persons. Seasonable at any time.*

*Note.*—This pudding may also be baked, and will be found very good. It will take about 2 hours.

### 364.—PLAIN LEMON PUDDING.

**INGREDIENTS.**— $\frac{3}{4}$  lb. of flour, 6 oz. of lard or  $\frac{1}{2}$  lb. of dripping, the juice of 1 large lemon, 1 teaspoonful of flour, sugar.

*Mode.*—Make the above proportions of flour and lard into a smooth paste, and roll it out to the thickness of about  $\frac{1}{2}$  inch. Squeeze the lemon-juice, strain it into a cup, stir the flour into it, and as much moist sugar as will make it into a stiff and thick paste; spread this mixture over the paste, roll it up, secure the ends, and tie the pudding in a floured cloth. Boil for 2 hours.

*Time, 2 hours. Average cost, 7d. Sufficient for 5 or 6 persons. Seasonable at any time.*

### 365.—MANCHESTER PUDDING (to eat Cold).

**INGREDIENTS.**—3 oz. of grated bread,  $\frac{1}{2}$  pint of milk, a strip of lemon-peel, 4 eggs, 2 oz. of butter, sugar to taste, puff-paste, jam, 3 tablespoonfuls of brandy.

*Mode.*—Flavour the milk with lemon-peel, by infusing it in the milk for  $\frac{1}{2}$  hour; then strain it on to the bread crumbs, and boil it for 2 or 3 minutes; add the eggs, leaving out the whites of 2, the butter, sugar, and brandy; stir all these ingredients well together; cover a pie-dish with puff-paste, and at the bottom put a thick layer of any kind of jam; pour the above mixture, cold, on the jam, and bake the pudding for an hour. Serve cold, with a little sifted sugar sprinkled over.

*Time, 1 hour. Average cost, 1s. Sufficient for 5 or 6 persons. Seasonable at any time.*

### 366.—MONDAY'S PUDDING.

**INGREDIENTS.**—The remains of cold plum-pudding, brandy, custard made with 5 eggs to every pint of milk.

*Mode.*—Cut the remains of a good cold plum-pudding into finger-pieces, soak them in a little brandy, and lay them cross-barred in a mould until full. Make a custard with the above proportion of milk and eggs, flavouring it with nutmeg or lemon-rind; fill up the mould with it; tie it down with a cloth, and boil or steam it for an hour. Serve with a little of the custard poured over, to which has been added a tablespoonful of brandy.

*Time, 1 hour. Average cost, exclusive of the pudding, 6d. Sufficient for 5 or 6 persons. Seasonable at any time.*

### 367.—MILITARY PUDDINGS.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of suet,  $\frac{1}{2}$  lb. of bread crumbs,  $\frac{1}{2}$  lb. of moist sugar, the rind and juice of 1 large lemon.

*Mode*.—Chop the suet finely, mix it with the bread crumbs and sugar, and mince the lemon-rind and strain the juice; stir these into the other ingredients, mix well, put the mixture into small buttered cups, and bake for rather more than  $\frac{1}{2}$  hour; turn them out on the dish, and serve with lemon-sauce. The above ingredients may be made into small balls, and boiled for about  $\frac{1}{2}$  hour; they should then be served with the same sauce as when baked.

*Time*, rather more than  $\frac{1}{2}$  hour. *Average cost*, 9d. *Sufficient* to fill 6 or 7 moderate-sized cups. *Seasonable* at any time.

### 368.—MINCEMEAT.

**INGREDIENTS**.—2 lb. of raisins, 3 lb. of currants,  $1\frac{1}{2}$  lb. of lean beef, 3 lb. of beef suet, 2 lb. of moist sugar, 2 oz. of citron, 2 oz. of candied lemon-peel, 2 oz. of candied orange-peel, 1 small nutmeg, 1 pottle of apples, the rind of 2 lemons, the juice of 1,  $\frac{1}{2}$  pint of brandy.

*Mode*.—Stone and cut the raisins once or twice across, but do not chop them; wash, dry, and pick the currants free from stalks and grit, and mince the beef and suet, taking care that the latter is chopped very fine; slice the citron and candied peel; grate the nutmeg, and pare, core, and mince the apples; mince the lemon-peel, strain the juice, and when all the ingredients are thus prepared, mix them well together, adding the brandy when the other things are well blended; press the whole into a jar, carefully exclude the air, and the mincemeat will be ready for use in a fortnight.

*Average cost* for this quantity, 8s. *Seasonable*,—make this about the beginning of December.

### 369.—MINCE PIES.

**INGREDIENTS**.—Good puff-paste by recipe No. 310 or 311, mincemeat (No. 368).

*Mode*.—Make some good puff-paste by either of the above recipes; roll it out to the thickness of about  $\frac{1}{4}$  inch, and line some good-sized pattypans with it; fill them with mincemeat, cover with the paste, and cut it off all round close to the edge of the tin. Put the pies into a brisk oven, to draw the paste up, and bake for 25 minutes, or longer, should the pies be very large; brush them over with the white of an egg, beaten with the blade of a knife to a stiff froth; sprinkle over pounded sugar, and put them into the



MINCE PIES.

oven for a minute or two, to dry the egg; dish the pies on a white d'oyley, and serve hot. They may be merely sprinkled with pounded sugar instead of being glazed, when that mode is preferred. To re-warm them, put the pies on the pattypans, and let them remain in the oven for 10 minutes or  $\frac{1}{4}$  hour, and they will be almost as good as if freshly made.

*Time*, 25 to 30 minutes; 10 minutes to re-warm them. *Average cost*, 4d. each. *Sufficient*,  $\frac{1}{2}$  lb. of paste for 4 pies. *Seasonable* at Christmas time.

### 370.—PARADISE PUDDING.

**INGREDIENTS**.—3 eggs, 3 apples,  $\frac{1}{2}$  lb. of bread crumbs, 3 oz. of sugar, 3 oz.

*of currants, salt and grated nutmeg to taste, the rind of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  wineglassful of brandy.*

*Mode.*—Pare, core, and mince the apples into small pieces, and mix them with the other dry ingredients; beat up the eggs, moisten the mixture with these, and beat it well; stir in the brandy, and put the pudding into a buttered mould; tie it down with a cloth, boil for  $1\frac{1}{2}$  hour, and serve with sweet sauce.

*Time,  $1\frac{1}{2}$  hour. Average cost, 1s. Sufficient for 4 or 5 persons.*

### 371.—PASTRY SANDWICHES.

**INGREDIENTS.**—*Puff-paste, jam of any kind, the white of an egg, sifted sugar.*

*Mode.*—Roll the paste out thin; put half of it on a baking-sheet or tin, and spread equally over it apricot, greengage, or any preserve that may be preferred. Lay over this preserve another thin paste; press the edges together all round; and mark the paste in lines with a knife on the surface, to show where to cut it when baked. Bake from 20 minutes to  $\frac{1}{2}$  hour; and, a short time before being done, take the pastry out of the oven, brush it over with the white of an egg, sift over pounded sugar, and put it back in the oven to colour. When cold, cut it into strips; pile these on a dish pyramidically, and serve. These strips, cut about two inches long, piled in circular rows, and a plateful of flavoured whipped cream poured in the middle, make a very pretty dish.

*Time, 20 minutes to  $\frac{1}{2}$  hour. Average cost, with  $\frac{1}{2}$  lb. of paste, 1s. Sufficient,  $\frac{1}{2}$  lb. of paste will make 2 dishes of sandwiches. Seasonable at any time.*

### 372.—PEASE PUDDING.

**INGREDIENTS.**— *$1\frac{1}{2}$  pint of split peas, 2 os. of butter, 2 eggs, pepper and salt to taste.*

*Mode.*—Put the peas to soak over-night, in rain-water, and float off any that are wormeaten or discoloured. Tie them loosely in a clean cloth, leaving a little room for them to swell, and put them on to boil in cold rain-water, allowing  $2\frac{1}{2}$  hours after the water has simmered up. When the peas are tender, take them up and drain; rub them through a colander with a wooden spoon; add the butter, eggs, pepper, and salt; beat all well together for a few minutes, until the ingredients are well incorporated; then tie them tightly in a floured cloth; boil the pudding for another hour, turn it on to the dish, and serve very hot. This pudding should always be sent to table with boiled leg of pork, and is an exceedingly nice accompaniment to boiled beef.

*Time,  $2\frac{1}{2}$  hours to boil the peas, tied loosely in the cloth; 1 hour for the pudding. Average cost, 6d. Sufficient for 7 or 8 persons. Seasonable from September to March.*

### 373.—PLUM-PUDDING OF FRESH FRUIT.

**INGREDIENTS.**— *$\frac{1}{2}$  lb. of suet crust (No. 317),  $1\frac{1}{2}$  pint of Orleans or any other kind of plum,  $\frac{1}{2}$  lb. of moist sugar.*

*Mode.*—Line a pudding-basin with suet crust rolled out to the thickness of about  $\frac{1}{2}$  inch; fill the basin with the fruit, put in the sugar, and cover with

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crust. Fold the edges over, and pinch them together, to prevent the juices escaping. Tie over a floured cloth, put the pudding into boiling water, and boil from 2 to 2½ hours. Turn it out of the basin, and serve quickly.

*Time*, 2 to 2½ hours. *Average cost*, 10d. *Sufficient* for 6 or 7 persons. *Seasonable*, with various kinds of plums, from the beginning of August to the beginning of October.

### 374.—BAKED PLUM PUDDING.

**INGREDIENTS.**—2 lbs. of flour, 1 lb. of currants, 1 lb. of raisins, 1 lb. of suet, 2 eggs, 1 pint of milk, a few slices of candied peel.

*Mode.*—Chop the suet finely; mix with it the flour, currants, stoned raisins, and candied peel; moisten with the well-beaten eggs, and add sufficient milk to make the pudding of the consistency of very thick batter. Put it into a buttered dish, and bake in a good oven from 2½ to 2¾ hours; turn it out, strew sifted sugar over, and serve. For a very plain pudding, use only half the quantity of fruit, omit the eggs, and substitute milk or water for them. The above ingredients make a large family pudding; for a small one, half the quantity would be found ample; but it must be baked quite 1½ hour.

*Time*, large pudding, 2½ to 2¾ hours; half the size, 1½ hour. *Average cost*, 2s. 6d. *Sufficient* for 9 or 10 persons. *Seasonable* in winter.

### 375.—CHRISTMAS PLUM-PUDDING.

(*Very Good.*)

**INGREDIENTS.**—1½ lb. of raisins, ½ lb. of currants, ½ lb. of mixed peel, ¾ lb. of bread crumbs, ¾ lb. of suet, 8 eggs, 1 wineglassful of brandy.

*Mode.*—Stone and cut the raisins in halves, but do not chop them; wash, pick, and dry the currants, and mince the suet finely; cut the candied peel into thin slices, and grate down the bread into fine crumbs. When all these



CHRISTMAS PLUM-PUDDING IN MOULD.

dry ingredients are prepared, mix them well together; then moisten the mixture with the eggs, which should be well beaten, and the brandy; stir well, that everything may be very thoroughly blended; and *press* the pudding into a buttered mould; tie it down tightly with a floured cloth, and boil for 5 or 6 hours. It may be boiled in a cloth without a mould, and will require the same time allowed for cooking. As Christmas puddings are

usually made a few days before they are required for table, when the pudding is taken out of the pot, hang it up immediately, and put a plate or saucer underneath to catch the water that may drain from it. The day it is to be eaten, plunge it into boiling water, and keep it boiling for at least 2 hours; then turn it out of the mould, and serve with brandy-sauce. On Christmas-day a sprig of holly is usually placed in the middle of the pudding, and about a wineglass

ful of brandy poured round it, which, at the moment of serving, is lighted, and the pudding thus brought to table encircled in flame.

*Time*, 5 or 6 hours the first time of boiling; 2 hours the day it is to be served. *Average cost*, 4s. *Sufficient* for a quart mould for 7 or 8 persons. *Seasonable* on the 25th of December, and on various festive occasions till March.

### 376.—AN EXCELLENT PLUM-PUDDING, made without Eggs.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of flour, 6 oz. of raisins, 6 oz. of currants,  $\frac{1}{2}$  lb. of chopped suet,  $\frac{1}{2}$  lb. of brown sugar,  $\frac{1}{2}$  lb. of mashed carrot,  $\frac{1}{2}$  lb. of mashed potatoes, 1 tablespoonful of treacle, 1 oz. of candied lemon-peel, 1 oz. of candied citron.

*Mode.*—Mix the flour, currants, suet, and sugar well together; have ready the above proportions of mashed carrot and potato, which stir into the other ingredients; add the treacle and lemon-peel; but put no liquid in the mixture, or it will be spoiled. Tie it loosely in a cloth, or, if put in a basin, do not quite fill it, as the pudding should have room to swell, and boil it for 4 hours. Serve with brandy-sauce. This pudding is better for being mixed over-night.

*Time*, 4 hours. *Average cost*, 1s. 6d. *Sufficient* for 6 or 7 persons. *Seasonable* in winter.

### 377.—AN UNRIVALLED PLUM-PUDDING.

**INGREDIENTS.**— $1\frac{1}{2}$  lb. of muscatel raisins,  $1\frac{1}{2}$  lb. of currants, 1 lb. of sultana raisins, 2 lb. of the finest moist sugar, 2 lb. of bread crumbs, 16 eggs, 2 lb. of finely-chopped suet, 6 oz. of mixed candied peel, the rind of two lemons, 1 oz. of ground nutmeg, 1 oz. of ground cinnamon,  $\frac{1}{2}$  oz. of pounded bitter almonds,  $\frac{1}{2}$  pint of brandy.

*Mode.*—Stone and cut up the raisins, but do not chop them; wash and dry the currants, and cut the candied peel into thin slices. Mix all the dry ingredients well together, and moisten with the eggs, which should be well beaten and strained, to the pudding; stir in the brandy, and, when all is thoroughly mixed, well butter and flour a stout new pudding-cloth; put in the pudding, tie it down very tightly and closely, boil from 6 to 8 hours, and serve with brandy-sauce. A few sweet almonds, blanched and cut in strips, and stuck on the pudding, ornament it prettily. This quantity may be divided and boiled in buttered moulds. For small families this is the most desirable way, as the above will be found to make a pudding of rather large dimensions.

*Time*, 6 to 8 hours. *Average cost*, 7s. 6d. *Seasonable* in winter. *Sufficient* for 12 or 14 persons.

*Note.*—The muscatel raisins can be purchased at a cheap rate loose (not in bunches); they are then scarcely higher in price than the ordinary raisins, and impart a much richer flavour to the pudding.

### 378.—POTATO PASTY.

**INGREDIENTS.**— $1\frac{1}{2}$  lb. of rump-steak or mutton cutlets, pepper and salt to taste,  $1\frac{1}{2}$  pint of weak broth or gravy, 1 oz. of butter, mashed potatoes.

*Mode*.—Place the meat, cut in small pieces, at the bottom of the pan; season it with pepper and salt, and add the gravy and butter broken into small pieces. Put on the perforated plate, with its valve-pipe screwed on, and fill up the whole space to the top of the tube with nicely-mashed potatoes mixed with a little milk, and finish the surface of them in any ornamental manner. If carefully baked, the potatoes will be covered with a delicate brown crust, retaining all the savoury steam rising from the meat. Send it to table as it comes from the oven with a napkin folded round it.

*Time*, 40 to 60 minutes. *Average cost*, 2s. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

*Note*.—An illustration of the pan mentioned in the recipe will be found at the commencement of this volume, included in the kitchen utensils.

### 379.—QUICKLY-MADE PUDDINGS.

*INGREDIENTS*.— $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. of sifted sugar,  $\frac{1}{2}$  lb. of flour, 1 pint of milk, 5 eggs, a little grated lemon-rind.

*Mode*.—Make the milk hot; stir in the butter, and let it cool before the other ingredients are added to it; then stir in the sugar, flour, and eggs, which should be well whisked, and omit the whites of 2; flavour with a little grated lemon-rind, and beat the mixture well. Butter some small cups, rather more than half fill them; bake from 20 minutes to  $\frac{1}{2}$  hour, according to the size of the puddings, and serve with fruit, custard, or wine sauce, a little of which may be poured over them.

*Time*, 20 minutes to  $\frac{1}{2}$  hour. *Average cost*, 1s. 3d. *Sufficient* for 6 puddings. *Seasonable* at any time.

### 380.—BAKED RAISIN PUDDING.

(*Plain and Economical*.)

*INGREDIENTS*.—1 lb. of flour,  $\frac{3}{4}$  lb. of stoned raisins,  $\frac{1}{2}$  lb. of suet, a pinch of salt, 1 oz. of sugar, a little grated nutmeg, milk.

*Mode*.—Chop the suet finely; stone the raisins and cut them in halves; mix these with the suet, add the salt, sugar, and grated nutmeg, and moisten the whole with sufficient milk to make it of the consistency of thick batter. Put the pudding into a buttered pie-dish, and bake for  $1\frac{1}{2}$  hour, or rather longer. Turn it out of the dish, strew sifted sugar over, and serve. This is a very plain recipe, and suitable where there is a family of children. It, of course, can be much improved by the addition of candied peel, currants, and rather a larger proportion of suet: a few eggs would also make the pudding richer.

*Time*,  $1\frac{1}{2}$  hour. *Average cost*, 9d. *Sufficient* for 7 or 8 persons. *Seasonable* in winter.

### 381.—BOILED RAISIN PUDDING.

(*Plain and Economical*.)

*INGREDIENTS*.—1 lb. of flour,  $\frac{1}{2}$  lb. of stoned raisins,  $\frac{1}{2}$  lb. of chopped suet,  $\frac{1}{2}$  saltspoonful of salt, milk.

*Mode*.—After having stoned the raisins and chopped the suet finely, mix

them, with the flour, add the salt, and when these dry ingredients are thoroughly mixed, moisten the pudding with sufficient milk to make it into rather a stiff paste. Tie it up in a floured cloth, put it into boiling water, and boil for 4 hours: serve with sifted sugar. This pudding may, also, be made in a long shape, the same as a rolled jam-pudding, and will then not require so long boiling;—2½ hours would be quite sufficient.

*Time*,—made round, 4 hours; in a long shape, 2½ hours. *Average cost*, 9d. *Sufficient* for 8 or 9 persons. *Seasonable* in winter.

### 382.—BOILED RHUBARB PUDDING.

*INGREDIENTS*.—4 or 5 sticks of fine rhubarb, ½ lb. of moist sugar, ¾ lb. of suet-crust (No. 317).

*Mode*.—Make a suet-crust with ¾ lb. of flour, by recipe No. 317, and line a buttered basin with it. Wash and wipe the rhubarb, and, if old, string it—that is to say, pare off the outside skin. Cut it into inch lengths, fill the basin with it, put in the sugar, and cover with crust. Pinch the edges of the pudding together, tie over it a floured cloth, put it into boiling water, and boil from 2 to 2½ hours. Turn it out of the basin, and serve with a jug of cream and sifted sugar.

*Time*, 2 to 2½ hours. *Average cost*, 8d. *Sufficient* for 6 or 7 persons. *Seasonable* in spring.

### 383.—RHUBARB TART.

*INGREDIENTS*.—½ lb. of puff-paste (No. 311), about 5 sticks of large rhubarb, ½ lb. of moist sugar.

*Mode*.—Make a puff-crust by recipe No. 311; line the edges of a deep pie-dish with it, and wash, wipe, and cut the rhubarb into pieces about 1 inch long. Should it be old and tough, string it—that is to say, pare off the outside skin. Pile the fruit high in the dish, as it shrinks very much in the cooking; put in the sugar, cover with crust, ornament the edges, and bake the tart in a well-heated oven from ½ to ¾ hour. If wanted very nice, brush it over with the white of an egg beaten to a stiff froth, then sprinkle on it some sifted sugar, and put it in the oven just to set the glaze: this should be done when the tart is nearly baked. A small quantity of lemon-juice, and a little of the peel minced, are by many persons considered an improvement to the flavour of rhubarb tart.

*Time*, ½ to ¾ hour. *Average cost*, 10d. *Sufficient* for 4 or 5 persons. *Seasonable* in spring.

### 384.—BAKED RICE PUDDING.

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*INGREDIENTS*.—1 small teacupful of rice, 4 eggs, 1 pint of milk, 2 oz. of fresh butter, 2 oz. of beef marrow, ½ lb. of currants, 2 tablespoonfuls of brandy, nutmeg, ½ lb. of sugar, the rind of ½ lemon.

*Mode*.—Put the lemon-rind and milk into a stewpan, and let it infuse till the milk is well flavoured with the lemon; in the mean time, boil the rice until tender in water, with a very small quantity of salt, and, when done, let it be thoroughly drained. Beat the eggs, stir to them the milk, which should

be strained, the butter, marrow, currants, and remaining ingredients; add the rice, and mix all well together. Line the edges of the dish with puff-paste, put in the pudding, and bake for about  $\frac{3}{4}$  hour in a slow oven. Slices of candied peel may be added at pleasure, or Sultana raisins may be substituted for the currants.

*Time,  $\frac{3}{4}$  hour. Average cost, 1s. 4d. Sufficient for 5 or 6 persons. Seasonable, —suitable for a winter pudding, when fresh fruits are not obtainable.*

### 385.—BAKED RICE PUDDING.

#### II.

*(Plain and Economical; a nice Pudding for Children.)*

**INGREDIENTS.**—1 teacupful of rice, 2 tablespoonfuls of moist sugar, 1 quart of milk,  $\frac{1}{2}$  oz. of butter or 2 small tablespoonfuls of chopped suet,  $\frac{1}{2}$  teaspoonful of grated nutmeg

*Mode.*—Wash the rice, put it into a pie-dish with the sugar, pour in the milk, and stir these ingredients well together; then add the butter cut up into very small pieces, or, instead of this, the above proportion of finely-minced suet; grate a little nutmeg over the top, and bake the pudding, in a moderate oven, from  $1\frac{1}{2}$  to 2 hours. As the rice is not previously cooked, care must be taken that the pudding be very slowly baked, to give plenty of time for the rice to swell, and for it to be very thoroughly done.

*Time,  $1\frac{1}{2}$  to 2 hours. Average cost, 8d. Sufficient for 5 or 6 children. Seasonable at any time.*

### 386.—PLAIN BOILED RICE PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of rice.

*Mode.*—Wash the rice, tie it in a pudding-cloth, allowing room for the rice to swell, and put it into a saucepan of cold water; boil it gently for 2 hours, and if, after a time, the cloth seems tied too loosely, take the rice up and tighten the cloth. Serve with sweet melted butter, or cold butter and sugar, or stewed fruit, jam, or marmalade; any of which accompaniments are suitable for plain boiled rice.

*Time, 2 hours after the water boils. Average cost, 2d. Sufficient for 4 or 5 persons. Seasonable at any time.*

### 387.—BOILED RICE PUDDING.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of rice,  $1\frac{1}{2}$  pint of new milk, 2 oz. of butter, 4 eggs,  $\frac{1}{2}$  salt-spoonful of salt, 4 large tablespoonfuls of moist sugar, flavouring to taste.

*Mode.*—Stew the rice very gently in the above proportion of new milk, and, when it is tender, pour it into a basin; stir in the butter, and let it stand to cool; then beat the eggs, add these to the rice with the sugar, salt, and any flavouring that may be approved, such as nutmeg, powdered cinnamon, grated lemon-peel, essence of bitter almonds, or vanilla. When all is well stirred, put the pudding into a buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for  $1\frac{1}{2}$  hour.

*Time,  $1\frac{1}{2}$  hour. Average cost, 1s. Sufficient for 5 or 6 persons. Seasonable at any time.*



## 388.—RICE PUDDING.

*(With Dried or Fresh Fruit; a nice dish for the Nursery.)*

**INGREDIENTS.**— $\frac{1}{2}$  lb. of rice, 1 pint of any kind of fresh fruit that may be preferred, or  $\frac{1}{2}$  lb. of raisins or currants.

**Mode.**—Wash the rice, tie it in a cloth, allowing room for it to swell, and put it into a saucepan of cold water; let it boil for an hour, then take it up, untie the cloth, stir in the fruit, and tie it up again tolerably tight, and put it into the water for the remainder of the time. Boil for another hour, or rather longer, and serve with sweet sauce, if made with dried fruit, and with plain sifted sugar and a little cream or milk, if made with fresh fruit.

**Time,** 1 hour to boil the rice without the fruit; 1 hour, or longer, afterwards. **Average cost,** 6d. **Sufficient** for 6 or 7 children. **Seasonable** at any time.

**Notes.**—This pudding is very good made with apples: they should be pared, cored, and cut into thin slices.

## 389.—BAKED or BOILED GROUND RICE PUDDING.

**INGREDIENTS.**—2 pints of milk, 6 table-spoonfuls of ground rice, sugar to taste, 4 eggs, flavouring of lemon-rind, nutmeg, bitter almonds or bay-leaf.

**Mode.**—Put  $1\frac{1}{2}$  pint of the milk into a stewpan, with any of the above flavourings, bring it to the boiling-point, and with the other  $\frac{1}{2}$  pint of milk, mix the ground rice to a smooth batter; strain the boiling milk to this, and stir over the fire until the mixture is tolerably thick; then pour it into a basin, leave it uncovered, and when nearly or quite cold, sweeten it to taste, and add the eggs, which should be previously well beaten, with a little salt. Put the pudding into a well-buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for  $1\frac{1}{2}$  hour. For a baked pudding, proceed in precisely the same manner, only using half the above proportion of ground rice, with the same quantity of all the other ingredients: an hour will bake the pudding in a moderate oven. Stewed fruit, or preserves, or marmalade, may be served with either the boiled or baked pudding, and will be found an improvement.

**Time,**  $1\frac{1}{2}$  hour to boil, 1 hour to bake. **Average cost,** 10d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

## 390.—MINIATURE RICE

**INGREDIENTS.**— $\frac{1}{2}$  lb. of rice,  $1\frac{1}{2}$  pint of milk, 2 oz. of fresh butter, 4 eggs, sugar to taste; flavouring of lemon-peel, bitter almonds, or vanilla; a few strips of candied peel.

**Mode.**—Let the rice swell in 1 pint of the milk over a slow fire, putting with it a strip of lemon-peel; stir to it the butter and the other  $\frac{1}{2}$  pint of milk, and let the mixture cool. Then add the well-beaten eggs, and a few drops of essence of almonds or essence of vanilla, whichever may be preferred; butter well some small cups or moulds, line them with a few pieces of candied peel sliced very thin, fill them three parts full, and bake for about 40 minutes; turn them out of the cups on to a white d'oyley, and serve with sweet sauce.

The flavouring and candied peel might be omitted, and stewed fruit or preserve served instead, with these puddings.

*Time*, 40 minutes. *Aver. cost*, 1s. 1d. *Sufficient* for 6 puddings. *Seasonable* at any time.

### 381.—ROLY-POLY JAM PUDDING.

**INGREDIENTS.**— $\frac{3}{4}$  lb. of *suet-crust* (No. 317),  $\frac{3}{4}$  lb. of any kind of jam.

*Mode.*—Make a nice light suet-crust by recipe No. 317, and roll it out to the thickness of about  $\frac{1}{4}$  inch. Spread the jam equally over it, leaving a small margin of paste without any, where the pudding joins. Roll it up, fasten the ends securely, and tie it in a floured cloth; put the pudding into boiling water, and boil for 2 hours. Mincemeat or marmalade may be substituted for the jam, and makes excellent puddings.

*Time*, 2 hours. *Average cost*, 9d. *Sufficient* for 5 or 6 persons. *Seasonable*,—suitable for winter puddings, when fresh fruit is not obtainable.

### 392.—SUET PUDDING, to serve with Roast Meat.

**INGREDIENTS.**—1 lb. of flour, 6 oz. of finely-chopped suet,  $\frac{1}{2}$  saltspoonful of salt,  $\frac{1}{2}$  saltspoonful of pepper,  $\frac{1}{2}$  pint of milk or water.

*Mode.*—Chop the suet very finely, after freeing it from skin, and mix it well with the flour; add the salt and pepper (this latter ingredient may be omitted if the flavour is not liked), and make the whole into a smooth paste with the above proportion of milk or water. Tie the pudding in a floured cloth, or put it into a buttered basin, and boil from  $2\frac{1}{2}$  to 3 hours. To enrich it, substitute 3 beaten eggs for some of the milk or water, and increase the proportion of suet.

*Time*,  $2\frac{1}{2}$  to 3 hours. *Average cost*, 6d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

*Note.*—When there is a joint roasting or baking, this pudding may be boiled in a long shape, and then cut into slices a few minutes before dinner is served; these slices should be laid in the dripping-pan for a minute or two, and then browned before the fire. Most children like this accompaniment to roast meat. Where there is a large family of children, and the means of keeping them are limited, it is a most economical plan to serve up the pudding before the meat; as, in this case, the consumption of the latter article will be much smaller than it otherwise would be.

### 393.—ROLLED TREACLE PUDDING.

**INGREDIENTS.**—1 lb. of suet-crust (No. 317),  $\frac{1}{4}$  lb. of treacle,  $\frac{1}{2}$  teaspoonful of grated ginger.

*Mode.*—Make, with 1 lb. of flour, a suet-crust by recipe No. 317; roll it out to the thickness of  $\frac{1}{4}$  inch, and spread the treacle equally over it, leaving a small margin where the paste joins; close the ends securely, tie the pudding in a floured cloth, plunge it into boiling water, and boil for 2 hours. We have inserted this pudding, being economical, and a favourite one with children; it is, of course, only suitable for a nursery, or very plain family dinner. Made with a lard instead of a suet-crust, it would be very nice baked, and would be sufficiently done in from  $1\frac{1}{2}$  to 2 hours.

*Time*,—boiled pudding, 2 hours; baked pudding,  $1\frac{1}{2}$  to 2 hours. *Average cost*, 7d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

### 394.—YEAST DUMPLINGS.

**INGREDIENTS.**— $\frac{1}{2}$  *quartern of dough*, *boiling water*.

*Mode*.—Make a very light dough as for bread, using to mix it, milk, instead of water; divide it into 7 or 8 dumplings; plunge them into boiling water, and boil them for 20 minutes. Serve the instant they are taken up, as they spoil directly, by falling and becoming heavy; and in eating them do not touch them with a knife, but tear them apart with two forks. They may be eaten with meat gravy, or cold butter and sugar, and if not convenient to make the dough at home, a little from the baker's answers as well, only it must be placed for a few minutes near the fire, in a basin with a cloth over it, let it rise again before it is made into dumplings.

*Time*, 20 minutes. *Average cost*, 4d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

### 395.—YORKSHIRE PUDDING, to serve with hot Roast Beef.

**INGREDIENTS.**— $1\frac{1}{2}$  *pint of milk*, 6 *large tablespoonfuls of flour*, 3 *eggs*, 1 *salt-spoonful of salt*.

*Mode*.—Put the flour into a basin with the salt, and stir gradually to this enough milk to make into a stiff batter. When this is perfectly smooth, and all the lumps are well rubbed down, add the remainder of the milk and the eggs, which should be well beaten. Beat the mixture for a few



**YORKSHIRE PUDDING.** minutes, and pour it into a shallow tin, which has been previously well rubbed with beef dripping. Put the pudding into the oven, and bake it for an hour; then, for another  $\frac{1}{2}$  hour, place it under the meat, to catch a little of the gravy that flows from it. Cut the pudding into small square pieces, put them on a hot dish, and serve. If the meat is baked, the pudding may at once be placed under it, resting the former on a small three-cornered stand.

*Time*,  $1\frac{1}{2}$  hour. *Average cost*, 7d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

## PUDDING SAUCES.

### 396.—ARROWROOT SAUCE FOR PUDDINGS.

**INGREDIENTS.**—2 *small teaspoonfuls of arrowroot*, 4 *dessertspoonfuls of powdered sugar*, the *juice of 1 lemon*,  $\frac{1}{2}$  *teaspoonful of grated nutmeg*,  $\frac{1}{2}$  *pint of water*.

*Mode*.—Mix the arrowroot smoothly with the water; put this into a stew-pan; add the sugar, strained lemon-juice, and grated nutmeg. Stir these ingredients over the fire until they boil, when the sauce is ready for use. A small quantity of wine, or any liqueur, would very much improve the flavour of this sauce: it is usually served with bread, rice, custard, or any dry pudding that is not very rich.

*Time*, altogether, 15 minutes. *Average cost*, 4d. *Sufficient* for 6 or 7 persons.

### 397.—LEMON SAUCE FOR SWEET PUDDINGS.

**INGREDIENTS.**—*The rind and juice of 1 lemon, 1 tablespoonful of flour, 1 oz. of butter, 1 large wineglassful of sherry, 1 wineglassful of water, sugar to taste, the yolks of 4 eggs.*

*Mode.*—Rub the rind of the lemon on to some lumps of sugar; squeeze out the juice, and strain it; put the butter and flour into a saucepan, stir them over the fire, and when of a pale brown, add the wine, water, and strained lemon-juice. Crush the lumps of sugar that were rubbed on the lemon; stir these into the sauce, which should be very sweet. When these ingredients are well mixed, and the sugar is melted, put in the beaten yolks of 4 eggs; keep stirring the sauce until it thickens, when serve. Do not, on any account, allow it to boil, or it will curdle, and be entirely spoiled.

*Time*, altogether, 15 minutes. *Average cost*, 1s. 2d. *Sufficient* for 7 or 8 persons.

### 398.—SWEET SAUCE FOR PUDDINGS.

**INGREDIENTS.**— $\frac{1}{2}$  pint of melted butter made with milk, 3 heaped teaspoonfuls of pounded sugar, flavouring of grated lemon-rind, or nutmeg, or cinnamon.

*Mode.*—Make  $\frac{1}{2}$  pint of melted butter by recipe No. 82, omitting the salt; stir in the sugar, add a little grated lemon-rind, nutmeg, or powdered cinnamon, and serve. Previously to making the melted butter, the milk can be flavoured with bitter almonds, by infusing about half a dozen of them in it for about  $\frac{1}{2}$  hour; the milk should then be strained before it is added to the other ingredients. This simple sauce may be served for children with rice, batter, or bread puddings.

*Time*, altogether, 15 minutes. *Average cost*, 4d. *Sufficient* for 6 or 7 persons.

### 399.—WINE SAUCE FOR PUDDINGS.

**INGREDIENTS.**— $\frac{1}{2}$  pint of sherry,  $\frac{1}{2}$  pint of water, the yolks of 5 eggs, 2 oz. of pounded sugar,  $\frac{1}{2}$  teaspoonful of minced lemon-peel, a few pieces of candied citron cut thin.

*Mode.*—Separate the yolks from the whites of 5 eggs; beat them, and put them into a very clean saucepan (if at hand, a lined one is best); add all the other ingredients, place them over a sharp fire, and keep stirring until the sauce begins to thicken; then take it off and serve. If it is allowed to boil, it will be spoiled, as it will immediately curdle.

*Time*,—to be stirred over the fire 3 or 4 minutes; but it must not boil. *Average cost*, 2s. *Sufficient* for a large pudding; allow half this quantity for a moderate-sized one. *Seasonable* at any time.

### 400.—WINE OR BRANDY SAUCE FOR PUDDINGS.

**INGREDIENTS.**— $\frac{1}{2}$  pint of melted butter (No. 81), 3 heaped teaspoonfuls of pounded sugar; 1 large wineglassful of port or sherry, or  $\frac{1}{2}$  of a small glassfull of brandy.

*Mode.*—Make  $\frac{1}{2}$  pint of melted butter by recipe No. 81, omitting the salt ; then stir in the sugar and wine - spirit in the above proportion. and bring the sauce to the point of boiling. Serve in a boat or tureen separately, and, if liked, pour a little of it over the pudding. To convert this into punch sauce, add to the sherry and brandy a small wineglassful of rum and the juice and grated rind of  $\frac{1}{2}$  lemon. Liqueurs, such as Maraschino or Curaçoa, substituted for the brandy, make excellent sauces.

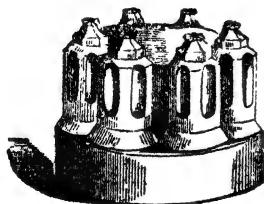
*Time*, altogether, 15 minutes. *Average cost*, 8d. *Sufficient* for 6 or 7 persons.

## SWEET DISHES, &c.

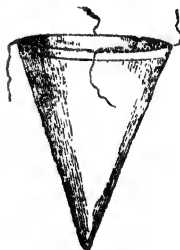
### 401.—TO MAKE THE STOCK FOR JELLY, AND TO CLARIFY IT.

**INGREDIENTS.**—2 calf's feet, 6 pints of water.

*Mode.*—The stock for jellies should always be made the day before it is required for use, as the liquor has time to cool, and the fat can be so much more easily and effectually removed when thoroughly set. Procure from the butcher's 2 nice calf's feet ; scald them to take off the hair ; slit them in two, remove the fat from between the claws, and wash the feet well in warm water ; put them into a stewpan, with the above proportion of cold water, bring it gradually to boil, and remove every particle of scum as it rises. When



JELLY-MOULD.



JELLY-BAG.

it is well-skimmed, boil it very gently for 6 or 7 hours, or until the liquor is reduced rather more than half ; then strain it through a sieve into a basin and put it in a cool place to set. As the liquor is strained, measure it, to ascertain the proportion for the jelly, allowing something for the sediment and fat at the top. To clarify it, carefully remove all the fat from the top, pour over a little warm water, to wash away any that may remain, and wipe the jelly with a clean cloth ; remove the jelly from the sediment, put it into a saucepan, and, supposing the quantity to be a quart, add to it 6 oz. of loaf sugar, the shells and well-whisked whites of 5 eggs, and stir these ingredients

together cold; set the saucepan on the fire, but *do not stir the jelly after begins to warm*. Let it boil about 10 minutes after it rises to a head, then throw in a teacupful of cold water; let it boil 5 minutes longer, then take the saucepan off, cover it closely, and let it remain  $\frac{1}{2}$  hour near the fire. Dip the jelly-bag into hot water, wring it out quite dry, and fasten it on to a stand or the back of a chair, which must be placed near the fire, to prevent the jelly from setting before it has run through the bag. Place a basin underneath to receive the jelly; then pour it into the bag, and should it not be clear the first time, run it through the bag again. This stock is the foundation of all *really good jellies*, which may be varied in innumerable ways, by colouring and flavouring with liqueurs, and by moulding it with fresh and preserved fruits. To insure the jelly being firm when turned out,  $\frac{1}{2}$  oz. of isinglass clarified might be added to the above proportion of stock. Substitutes for calf's feet are now frequently used in making jellies, which lessen the expense and trouble in preparing this favourite dish; isinglass and gelatine being two of the principal materials employed; but, although they may *look* as nicely as jellies made from good stock, they are never so delicate, having very often an unpleasant flavour, somewhat resembling glue, particularly when made with gelatine.

*Time*,—about 6 hours to boil the feet for the stock; to clarify it,— $\frac{1}{2}$  hour to boil,  $\frac{1}{2}$  hour to stand in the saucepan covered. *Average cost*,—calf's feet may be purchased for 6d. each when veal is in full season, but more expensive when it is scarce. *Sufficient*, 2 calf's feet should make 1 quart of stock. *Seasonable* from March to October, but may be had all the year.

#### 402.—COW-HEEL STOCK FOR JELLIES.

(*More Economical than Calf's Feet*.)

**INGREDIENTS.**—2 cow-heels, 3 quarts of water.

*Mode*.—Procure 2 heels that have only been scalded, and not boiled; split them in two, and remove the fat between the claws; wash them well in warm water, and put them into a saucepan with the above proportion of cold water; bring it gradually to boil, remove all the scum as it rises, and simmer the heels gently from 7 to 8 hours, or until the liquor is reduced one-half; then strain it into a basin, measuring the quantity, and put it in a cool place. Clarify it in the same manner as calf's-feet stock (No. 401), using, with the other ingredients, about  $\frac{1}{2}$  oz. of isinglass to each quart. This stock should be made the day before it is required for use. Two dozen shank-bones of mutton boiled for 6 or 7 hours yield a quart of strong firm stock. They should be put on in 2 quarts of water, which should be reduced one-half. Make this also the day before it is required.

*Time*, 7 to 8 hours to boil the cow-heels, 6 to 7 hours to boil the shank-bones. *Average cost*, from 4d. to 6d. each. *Sufficient*,—2 cow-heels should make 3 pints of stock. *Seasonable* at any time.

#### 403.—BAKED APPLE OUSTARD.

**INGREDIENTS.**—1 dozen large apples, moist sugar to taste, 1 small teacupful

of cold water, the grated rind of one lemon, 1 pint of milk, 4 eggs, 2 oz. of loaf sugar.

*Mode*.—Peel, cut, and core the apples; put them into a lined saucepan with the cold water, and as they heat, bruise them to a pulp; sweeten with moist sugar, and add the grated lemon-rind. When cold, put the fruit at the bottom of a pie-dish, and pour over it a custard made with the above proportion of milk, eggs, and sugar; grate a little nutmeg over the top, place the dish in a moderate oven, and bake from 25 to 35 minutes. The above proportions will make rather a large dish.

*Time*, 25 to 35 minutes. *Average cost*, 1s. 4d. *Sufficient* for 6 or 7 persons. *Seasonable* from July to March.

#### 404.—GINGER APPLES.

(A pretty Supper or Dessert Dish).

*INGREDIENTS*.— $1\frac{1}{2}$  oz. of whole ginger,  $\frac{1}{2}$  pint of whisky, 3 lbs. of apples, 2 lbs. of white sugar, the juice of 2 lemons.

*Mode*.—Bruise the ginger, put it into a small jar, pour over sufficient whisky to cover it, and let it remain for 3 days; then cut the apples into thin slices, after paring and coring them; add the sugar and the lemon-juice, which should be strained; and simmer all together *very gently* until the apples are transparent, but not broken. Serve cold, and garnish the dish with slices of candied lemon-peel or preserved ginger.

*Time*, 3 days to soak the ginger; about  $\frac{3}{4}$  hour to simmer the apples very gently. *Average cost*, 2s. 6d. *Sufficient* for 3 dishes. *Seasonable* from July to March.

#### 405.—ICED APPLES, or APPLE HEDGEHOG.

*INGREDIENTS*.—About 3 dozen good boiling apples,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  pint of water, the rind of  $\frac{1}{2}$  lemon minced very fine, the whites of 2 eggs, 3 tablespoonfuls of pounded sugar, a few sweet almonds.

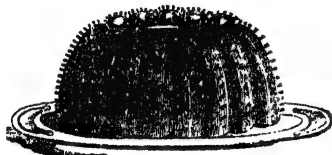
*Mode*.—Peel and core a dozen of the apples without dividing them, and stew them very gently in a lined saucepan with  $\frac{1}{2}$  lb. of sugar and  $\frac{1}{2}$  pint of water, and when tender, lift them carefully on to a dish. Have ready the remainder of the apples pared, cored, and cut into thin slices; put them into the same syrup with the lemon-peel, and boil gently until they are reduced to a marmalade: they must be kept stirred, to prevent them from burning. Cover the bottom of a dish with some of the marmalade, and over that a layer of the stewed apples, in the insides of which, and between each, place some of the marmalade; then place another layer of apples, and fill up the cavities with marmalade as before, forming the whole into a raised oval shape. Whip the whites of the eggs to a stiff froth, mix with them the pounded sugar, and cover the apples very smoothly all over with the icing; blanch and cut each almond into 4 or 5 strips; place these strips at equal distances over the icing, sticking up; strew over a little rough pounded sugar, and place the dish in a very slow oven, to colour the almonds, and for the apples to get warm through. This entremet may also be served cold, and makes a pretty supper-dish.

*Time*, from 20 to 30 minutes to stew the apples. *Average cost*, 1s. 9d. to 2s. *Sufficient* for 5 or 6 persons. *Seasonable* from July to March.

#### 462.—THICK APPLE JELLY OR MARMALADE, for Entremets or Dessert Dishes.

**INGREDIENTS.**—*Apples*; to every lb. of pulp allow  $\frac{3}{4}$  lb. of sugar,  $\frac{1}{2}$  teaspoonful of minced lemon-peel.

**Mode.**—Peel, core, and boil the apples with only sufficient water to prevent them from burning; beat them to a pulp, and to every lb. of pulp allow the above proportion of sugar in lumps. Dip the lumps into water; put these into a saucepan, and boil till the syrup is thick and can be well skimmed; then add this syrup to the apple pulp, with the minced lemon-peel, and stir it over a quick fire, for about 20 minutes, or until the apples cease to stick to the bottom of the pan. The



APPLE JELLY STUCK WITH ALMONDS.

jelly is then done, and may be poured into moulds which have been previously dipped in water, when it will turn out nicely for dessert or a side-dish; for the latter a little custard should be poured round, and it should be garnished with strips of citron or stuck with blanched almonds.

*Time*, from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour to reduce the apples to a pulp; 20 minutes to boil after the sugar is added. *Sufficient*— $1\frac{1}{2}$  lb. of apples sufficient for a small mould. *Seasonable* from July to March; but is best in September, October, or November.

#### 407.—APPLES IN RED JELLY.

(A pretty Supper Dish.)

**INGREDIENTS.**—6 good-sized apples, 12 cloves, pounded sugar, 1 lemon, 2 teacupfuls of water, 1 tablespoonful of gelatine, a few drops of prepared cochineal.

**Mode.**—Choose rather large apples; peel them and take out the cores, either with a scoop or a small silver knife, and put into each apple 2 cloves and as much sifted sugar as they will hold. Place them, without touching each other, in a large pie-dish; add more white sugar, the juice of 1 lemon, and 2 teacupfuls of water. Bake in the oven, with a dish over them, until they are done. Look at them frequently, and, as each apple is cooked, place it in a glass dish. They must not be left in the oven after they are done, or they will break, and so would spoil the appearance of the dish. When the apples are neatly arranged in the dish without touching each other, strain the liquor in which they have been stewing, into a lined saucepan; add to it the rind of the lemon, and a tablespoonful of gelatine which has been previously dissolved in cold water, and, if not sweet, a little more sugar, and 6 cloves. Boil till quite clear; colour with a few drops of prepared cochineal, and strain the jelly through a double muslin into a jug; let it cool a little; then pour it dish round the apples. When quite cold, garnish the tops of the



apples with a bright-coloured marmalade, a jelly, or the white of an egg, beaten to a strong froth, with a little sifted sugar.

*Time*, from 30 to 50 minutes to bake the apples. *Average cost*, 1s., with the garnishing. *Sufficient* for 4 or 5 persons. *Seasonable* from July to March.

#### 408.—A PRETTY DISH OF APPLES AND RICE.

**INGREDIENTS.**—6 oz. of rice, 1 quart of milk, the rind of  $\frac{1}{2}$  lemon, sugar to taste,  $\frac{1}{2}$  saltspoonful of salt, 8 apples,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  pint of water,  $\frac{1}{2}$  pint of boiled custard No. 417.

*Mode.*—Flavour the milk with lemon-rind, by boiling them together for a few minutes; then take out the peel, and put in the rice, with sufficient sugar to sweeten it nicely, and boil gently until the rice is quite soft; then let it cool. In the mean time pare, quarter, and core the apples, and boil them until tender in a syrup made with sugar and water in the above proportion; and, when soft, lift them out on a sieve to drain. Now put a middling-sized gallipot in the centre of a dish; lay the rice all round till the top of the gallipot is reached; smooth the rice with the back of a spoon, and stick the apples into it in rows, one row sloping to the right, and the next to the left. Set it in the oven to colour the apples; then, when required for table, remove the gallipot, garnish the rice with preserved fruits, and pour in the middle sufficient custard, made by recipe No. 417, to be level with the top of the rice, and serve hot.

*Time*, from 20 to 30 minutes to stew the apples;  $\frac{3}{4}$  hour to simmer the rice;  $\frac{1}{2}$  hour to bake. *Average cost*, 1s. 6d. *Sufficient* for 5 or 6 persons. *Seasonable* from July to March.

#### 409.—APPLES AND RICE.

(A Plain Dish.)

**INGREDIENTS.**—8 good-sized apples, 3 oz. of butter, the rind of  $\frac{1}{2}$  lemon minced very fine, 6 oz. of rice,  $1\frac{1}{2}$  pint of milk, sugar to taste,  $\frac{1}{2}$  teaspoonful of grated nutmeg, 6 tablespoonfuls of apricot jam.

*Mode.*—Peel the apples, halve them, and take out the cores; put them into a stewpan with the butter, and strew sufficient sifted sugar over to sweeten them nicely, and add the minced lemon-peel. Stew the apples very gently until tender, taking care they do not break. Boil the rice, with the milk, sugar, and nutmeg, until soft, and, when thoroughly done, dish it, piled high in the centre; arrange the apples on it, warm the apricot jam, pour it over the whole, and serve hot.

*Time*, about 30 minutes to stew the apples very gently; about  $\frac{3}{4}$  hour to cook the rice. *Average cost*, 1s. 6d. *Sufficient* for 5 or 6 persons. *Seasonable* from July to March.

#### 410.—APPLE SNOW.

(A pretty Supper Dish.)

**INGREDIENTS.**—10 good-sized apples, the whites of 10 eggs, the rind of 1 lemon,  $\frac{1}{2}$  lb. of pounded sugar.

*Mode.*—Peel, core, and cut the apples into quarters, and put them into a

saucepan with the lemon-peel and sufficient water to prevent them from burning,—rather less than  $\frac{1}{2}$  pint. When they are tender, take out the peel, beat them to a pulp, let them cool, and stir them to the whites of the eggs, which should be previously beaten to a strong froth. Add the sifted sugar, continue the whisking until the mixture becomes quite stiff; and either heap it on a glass dish, or serve it in small glasses. The dish may be garnished with preserved barberries, or strips of bright-coloured jelly; and a dish of custards should be served with it, or a jug of cream.

*Time*, from 30 to 40 minutes to stew the apples. *Average cost*, 1s. 6d. *Sufficient* to fill a moderate-sized glass dish. *Seasonable* from July to March.

#### • 411.—STEWED APPLES AND CUSTARD.

*(A pretty Dish for a Juvenile Supper.)*

**INGREDIENTS.**—7 good-sized apples, the rind of  $\frac{1}{2}$  lemon or 4 cloves,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  pint of water,  $\frac{1}{2}$  pint of custard, No. 417.

*Mode.*—Pare and take out the cores of the apples, without dividing them, and, if possible, leave the stalks on; boil the sugar and water together for 10 minutes; then put in the apples with the lemon-rind or cloves, whichever flavour may be preferred, and simmer gently until they are tender, taking care not to let them break. Dish them neatly on a glass dish, reduce the syrup by boiling it quickly for a few minutes; let it cool a little, then pour it over the apples. Have ready quite  $\frac{1}{2}$  pint of custard made by recipe No. 417; pour it round, but not over, the apples when they are quite cold, and the dish is ready for table. A few almonds blanched and cut into strips, and stuck in the apples, would improve their appearance.

*Time*, from 20 to 30 minutes to stew the apples. *Average cost*, 1s. *Sufficient* to fill a large glass dish. *Seasonable* from July to March.

#### 412.—ARROWROOT BLANC-MANGE.

*(An inexpensive Supper Dish.)*

**INGREDIENTS.**—4 heaped tablespoonfuls of arrowroot,  $1\frac{1}{2}$  pint of milk, 3 laurel-leaves or the rind of  $\frac{1}{2}$  lemon, sugar to taste.

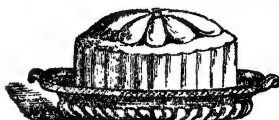
*Mode.*—Mix to a smooth batter the arrowroot with  $\frac{1}{2}$  pint of the milk; put the other pint on the fire, with laurel-leaves or lemon-peel, whichever may be preferred, and let the milk steep until it is well flavoured. Then strain the milk, and add it, boiling, to the mixed arrowroot; sweeten it with sifted sugar, and let it boil, stirring it all the time, till it thickens sufficiently to come from the saucepan. Grease a mould with pure salad-oil, pour in the blanc-mange, and when quite set, turn it out on a dish, and pour round it a compôte of any kind of fruit, or garnish it with jam. A tablespoonful of brandy, stirred in just before the blanc-mange is moulded, very much improves the flavour of this sweet dish.

*Time*, altogether,  $\frac{1}{2}$  hour. *Average cost*, 6d. without the garnishing. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

## 413.—CHEAP BLANC-MANGE.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of sugar, 1 quart of milk,  $1\frac{1}{2}$  oz. of isinglass, the rind of  $\frac{1}{2}$  lemon, 4 laurel-leaves.

**Mode.**—Put all the ingredients into a lined saucepan, and boil gently until the isinglass is dissolved; taste it occasionally, to ascertain when it is sufficiently flavoured with the laurel-leaves; then take them out, and keep stirring the mixture over the fire for about 10 minutes. Strain it through a fine sieve into a jug, and, when nearly cold, pour it into a well-oiled mould, omitting the sediment at the bottom. Turn it out carefully on a dish, and garnish with preserves, bright jelly, or a compôte of fruit.



BLANC-MANGE.

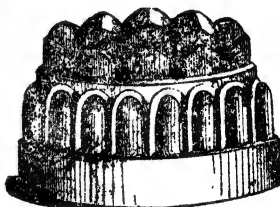
*Time, altogether,  $\frac{1}{2}$  hour. Average cost, 2s. 6d. Sufficient to fill a quart mould. Seasonable at any time.*

## 414.—BLANC-MANGE.

(A Supper Dish.)

**INGREDIENTS.**—1 pint of new milk,  $1\frac{1}{2}$  oz. of isinglass, the rind of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  lb. of loaf sugar, 10 bitter almonds,  $\frac{1}{2}$  oz. of sweet almonds, 1 pint of cream.

**Mode.**—Put the milk into a saucepan, with the isinglass, lemon-rind, and sugar, and let these ingredients stand by the side of the fire until the milk is well flavoured; add the almonds, which should be blanched and pounded in a mortar to a paste, and let the milk just boil up; strain it through a fine sieve or muslin into a jug, add the cream, and stir the mixture occasionally until nearly cold. Let it stand for a few minutes, then pour it into the mould, which should be previously oiled with the purest salad-oil, or dipped in cold water. There will be a sediment at the bottom of the jug, which must not be poured into the mould, as, when turned out, it would very much disfigure the appearance of the blanc-mange.



BLANC-MANGE MOULD.

This blanc-mange may be made very much richer by using  $1\frac{1}{2}$  pint of cream, and melting the isinglass in  $\frac{1}{2}$  pint of boiling water. The flavour may also be very much varied by adding bay-leaves, laurel-leaves, or essence of vanilla, instead of the lemon-rind and almonds. Noyeau, Maraschino, Curaçoa, or any favourite liqueur, added in small proportions, very much enhances the flavour of this always favourite dish. In turning it out, just loosen the edges of the blanc-mange from the mould, place a dish on it, and turn it quickly over: it should come out easily, and the blanc-mange have a smooth glossy appearance when the mould is oiled, which it frequently has not when it is only dipped in water. It may be garnished as fancy dictates.

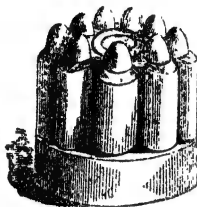
*Time, about  $1\frac{1}{2}$  hour to steep the lemon-rind and almonds in the milk*

*Average cost, with cream at 1s. per pint, 3s. 6d. Sufficient to fill a quart mould. Seasonable at any time.*

#### 415.—LEMON BLANCMANGE.

**INGREDIENTS.**—1 quart of milk, the yolks of 4 eggs, 3 oz. of ground rice, 6 oz. of pounded sugar,  $1\frac{1}{2}$  oz. of fresh butter, the rind of 1 lemon, the juice of  $2\frac{1}{2}$  oz. of gelatine.

**Mode.**—Make a custard with the yolks of the eggs and  $\frac{1}{2}$  pint of the milk, and, when done, put it into a basin; put half the remainder of the milk into a saucepan with the ground rice, fresh butter, lemon-rind, and 3 oz. of the sugar, and let these ingredients boil until the mixture is stiff, stirring them continually; when done, pour it into the bowl where the custard is, mixing both well together. Put the gelatine with the rest of the milk into a saucepan, and let it stand by the side of the fire to dissolve; boil for a minute or two, stir carefully into the basin, adding 3 oz. more of pounded sugar. When cold, stir in the lemon-juice, which should be carefully strained, and pour the mixture



BLANCMANGE MOULD.

into a well-oiled mould, leaving out the lemon-peel, and set the mould in a pan of cold water until wanted for table. Use eggs that have rich-looking yolks; and, should the weather be very warm, rather a larger proportion of gelatine must be allowed.

*Time, altogether,  $\frac{1}{2}$  hour. Average cost, 1s. 6d. Sufficient to fill 2 small moulds. Seasonable at any time.*

#### 416.—ECONOMICAL LEMON CREAM.

**INGREDIENTS.**—1 quart of milk, 8 bitter almonds, 2 oz. of gelatine, 2 large lemons,  $\frac{3}{4}$  lb. of lump sugar, the yolks of 6 eggs.

**Mode.**—Put the milk into a lined saucepan with the almonds, which should be well pounded in a mortar, the gelatine, lemon-rind, and lump-sugar, and boil these ingredients for about 5 minutes. Beat up the yolks of the eggs, strain the milk into a jug, add the eggs, and pour the mixture backwards and forwards a few times, until nearly cold; then stir briskly to it the lemon-juice, which should be strained, and keep stirring until the cream is almost cold: put it into an oiled mould, and let it remain until perfectly set. The lemon-juice must not be added to the cream when it is warm, and should be well stirred after it is put in.

*Time, 5 minutes to boil the milk. Average cost, 2s. 6d. Sufficient to fill two  $1\frac{1}{2}$ -pint moulds. Seasonable at any time.*

#### 417.—BOILED CUSTARDS.

**INGREDIENTS.**—1 pint of milk, 5 eggs, 8 oz. of loaf sugar, 3 laurel-leaves, or the rind of  $\frac{1}{2}$  lemon, or a few drops of essence of vanilla, 1 tablespoonful of brandy.

**Mode.**—Put the milk into a *lined* saucepan, with the sugar, and whichever of the above flavourings may be preferred (the lemon-rind flavours custards most deliciously), and let the milk steep by the side of the fire until it is well flavoured. Bring it to the point of boiling, then strain it into a basin; whisk the eggs well, and, when the milk has cooled a little,



CUSTARDS IN GLASSES.

stir in the eggs, and *strain* this mixture into a jug. Place this jug in a saucepan of boiling water over the fire; keep stirring the custard *one way* until it thickens; but on no account allow it to reach the boiling-point, as it will instantly curdle and be full of lumps. Take it off the fire, stir in the brandy, and, when this is well mixed with the custard, pour it into glasses, which should be rather more than three-parts full; grate a little nutmeg over the top, and the dish is ready for table. To make custards look and eat better, ducks' eggs should be used, when obtainable; they add very much to the flavour and richness, and so many are not required as of the ordinary eggs, 4 ducks' eggs to the pint of milk making a delicious custard. When desired extremely rich and good, cream should be substituted for the milk, and double the quantity of eggs used, to those mentioned, omitting the whites.

**Time,**  $\frac{1}{2}$  hour to infuse the lemon-rind, about 10 minutes to stir the custard. **Average cost, 8d.** Sufficient to fill 8 custard-glasses. Seasonable at any time.

#### • 418.—INDIAN FRITTERS.

**INGREDIENTS.**—3 *tablespoonfuls* of flour, boiling water, the yolks of 4 eggs, the whites of 2, hot lard or clarified dripping, jam.

**Mode.**—Put the flour into a basin, and pour over it sufficient *boiling* water to make it into a stiff paste, taking care to stir and beat it well, to prevent it getting lumpy. Leave it a little time to cool, and then break into it (*without beating them at first*) the yolks of 4 eggs and the whites of 2, and stir and beat all well together. Have ready some boiling lard or butter; drop a dessert-spoonful of batter in at a time, and fry the fritters of a light brown. They should rise so much as to be almost like balls. Serve on a dish, with a spoonful of preserve or marmalade dropped in between each fritter. This is an excellent dish for a hasty addition to dinner, if a guest unexpectedly arrives, it being so easily and quickly made, and it is always a great favourite.

**Time,** from 5 to 8 minutes to fry the fritters. **Average cost, exclusive of the jam, 5d.** Sufficient for 4 or 5 persons. Seasonable at any time.

#### 419.—TO MAKE GOOSEBERRY FOOL.

**INGREDIENTS.**—Green gooseberries; to every pint of pulp add 1 pint of milk, or  $\frac{1}{2}$  pint of cream and  $\frac{1}{2}$  pint of milk; sugar to taste.

**Mode.**—Cut the tops and tails off the gooseberries; put them into a jar, with 2 *tablespoonfuls* of water and a little good moist sugar; set this jar in a saucepan of boiling water, and let it boil until the fruit is soft enough to mash. When done enough, beat it to a pulp, work this pulp through a colander, and

stir to every pint the above proportion of milk, or equal quantities of milk and cream. Ascertain if the mixture is sweet enough, and put in plenty of sugar, or it will not be eatable; and in mixing the milk and gooseberries, add the former very gradually to these: serve in a glass dish, or in small glasses. This, although a very old-fashioned and homely dish, is, when well made, very delicious, and, if properly sweetened, a very suitable preparation for children.

*Time*, from  $\frac{3}{4}$  to 1 hour. *Average cost*, 6d. per pint, with milk. *Sufficient*,—a pint of milk and a pint of gooseberry pulp for 5 or 6 children. *Seasonable* in May and June.

#### 420.—GOOSEBERRY TRIFLE.

**INGREDIENTS.**—1 quart of gooseberries, sugar to taste, 1 pint of custard No. 417, a plateful of whipped cream.

*Mode.*—Put the gooseberries into a jar, with sufficient moist sugar to sweeten them, and boil them until reduced to a pulp. Put this pulp at the bottom of a trifle-dish; pour over it a pint of custard made by recipe No. 417, and, when cold, cover with whipped cream. The cream should be whipped the day before it is wanted for table, as it will then be so much firmer and more solid. The dish may be garnished as fancy dictates.

*Time*, about  $\frac{3}{4}$  hour to boil the gooseberries. *Average cost*, 1s. 6d. *Sufficient* for 1 trifle. *Seasonable* in May and June.

#### 421.—THE HIDDEN MOUNTAIN.

(A pretty Supper Dish.)

**INGREDIENTS.**—6 eggs, a few slices of citron, sugar to taste,  $\frac{1}{2}$  pint of cream, a layer of any kind of jam.

*Mode.*—Beat the whites and yolks of the eggs separately; then mix them and beat well again, adding a few thin slices of citron, the cream, and sufficient pounded sugar to sweeten it nicely. When the mixture is well beaten, put it into a buttered pan, and fry the same as a pancake; but it should be three times the thickness of an ordinary pancake. Cover it with jam, and garnish with slices of citron and holly-leaves. This dish is served cold.

*Time*, about 10 minutes to fry the mixture. *Average cost*, with the jam, 1s. 4d. *Sufficient* for 3 or 4 persons. *Seasonable* at any time.

#### 422.—ISINGLASS OR GELATINE JELLY.

(Substitutes for Calf's Feet.)

**INGREDIENTS.**—3 oz. of isinglass or gelatine, 2 quarts of water.

*Mode.*—Put the isinglass or gelatine into a saucepan with the above proportion of cold water; bring it quickly to boil, and let it boil very fast, until the liquor is reduced one-half. Carefully remove the scum as it rises, then strain it through a jelly-bag, and it will be ready for use. If not required very clear, it may be merely strained through a fine sieve, instead of being run through a bag. Rather more than  $\frac{1}{2}$  oz. of isinglass is about the proper quantity to use for a quart of strong calf's-feet stock, and rather more than 2 oz. for the same quantity of fruit juice. As isinglass varies so much in quality and strength, it is difficult to give the exact proportions. The larger the mould,

the stiffer should be the jelly; and where there is no ice, more isinglass must be used than if the mixture were frozen. This forms a stock for all kinds of jellies, which may be flavoured in many ways.

*Time*,  $1\frac{1}{2}$  hour. *Sufficient*, with wine, syrup, fruit, &c., to fill two moderate-sized moulds. *Seasonable* at any time.

*Note*.—The above, when boiled, should be perfectly clear, and may be mixed warm with wine, flavourings, fruits, &c., and then run through the bag.

#### 423.—INDIAN TRIFLE.

**INGREDIENTS.**—1 quart of milk, the rind of  $\frac{1}{2}$  large lemon, sugar to taste, 5 heaped tablespoonfuls of rice-flour, 1 oz. of sweet almonds,  $\frac{1}{2}$  pint of custard.

*Mode*.—Boil the milk and lemon-rind together until the former is well flavoured; take out the lemon-rind and stir in the rice-flour, which should first be moistened with cold milk, and add sufficient loaf sugar to sweeten it nicely. Boil gently for about 5 minutes, and keep the mixture stirred; take it off the fire, let it cool a little, and pour it into a glass dish. When cold, cut the rice out in the form of a star, or any other shape that may be preferred; take out the spare rice, and fill the space with boiled custard. Blanch and cut the almonds into strips; stick them over the trifle, and garnish it with pieces of bright-coloured jelly, or preserved fruits, or candied citron.

*Time*,  $\frac{1}{2}$  hour to simmer the milk, 5 minutes after the rice is added. *Average cost*, 1s. *Sufficient* for 1 trifle. *Seasonable* at any time.

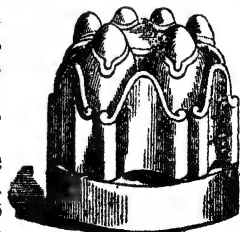
#### 424.—HOW TO MOULD BOTTLED JELLIES.

Uncork the bottle; place it in a saucepan of hot water until the jelly is reduced to a liquid state; taste it, to ascertain whether it is sufficiently flavoured, and if not, add a little wine. Pour the jelly into moulds which have been soaked in water; let it set, and turn it out by placing the mould in hot water for a minute; then wipe the outside, put a dish on the top, and turn it over quickly. The jelly should then slip easily away from the mould, and be quite firm. It may be garnished as taste dictates.

#### 425.—CALF'S-FEET JELLY.

**INGREDIENTS.**—1 quart of calf's-feet stock No. 401,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  pint of sherry, 1 glass of brandy, the shells and whites of 5 eggs, the rind and juice of 2 lemons,  $\frac{1}{2}$  oz. of isinglass.

*Mode*.—Prepare the stock as directed in recipe No. 401, taking care to leave the sediment, and to remove all the fat from the surface. Put it into a saucepan, cold, without clarifying it; add the remaining ingredients, and stir them well together before the saucepan is placed on the fire. Then simmer the mixture gently for  $\frac{1}{2}$  hour, but do not stir it after it begins to warm. Throw in a teacupful of cold water, boil for another 5 minutes, and keep the saucepan covered by the side of the fire for about  $\frac{1}{2}$  hour, but do not let it boil again. In simmering, the head or scum may be carefully removed as it



JELLY-MOULD.

rises; but particular attention must be given to the jelly, that it be not stirred in the slightest degree after it is heated. The isinglass should be added when the jelly begins to boil: this assists to clear it and makes it firmer for turning out. Wring out a jelly-bag in hot water; fasten it on to a stand, or the back of a chair; place it near the fire with a basin underneath it, and run the jelly through it. Should it not be perfectly clear the first time, repeat the process until the desired brilliancy is obtained. Soak the moulds in water, drain them for half a second, pour in the jelly, and put it in a cool place to set. If ice is at hand, surround the moulds with it, and the jelly will set sooner, and be firmer when turned out. In summer it is necessary to have ice in which to put the moulds, or the cook will be, very likely, disappointed, by her jellies being in too liquid a state to turn out properly, unless a great deal of isinglass is used. When wanted for table, dip the moulds in hot water for a minute, wipe the outside with a cloth, lay a dish on the top of the mould, turn it quickly over, and the jelly should slip out easily. It is sometimes served broken in square lumps, and piled high in glasses. Earthenware moulds are preferable to those of pewter or tin, for red jellies, the colour and transparency of the composition being often spoiled by using the latter.

To make this jelly more economically, raisin wine may be substituted for the sherry and brandy, and the stock made from cow-heels, instead of calf's feet.

*Time*, 20 minutes to simmer the jelly,  $\frac{1}{2}$  hour to stand covered. *Average cost*, reckoning the feet at 6d. each, 5s. *Sufficient* to fill two  $1\frac{1}{2}$ -pint moulds. *Seasonable* at any time.

*Note*.—As lemon-juice, unless carefully strained, is liable to make the jelly muddy, see that it is clear before it is added to the other ingredients. Omit the brandy when the flavour is objected to.

#### 426.—JELLY OF TWO COLOURS.

**INGREDIENTS.**— $1\frac{1}{2}$  pint of calf's-feet jelly (No. 425), a few drops of prepared cochineal.

*Mode*.—Make  $1\frac{1}{2}$  pint of jelly by recipe No. 425. or, if wished more economical, of clarified syrup and gelatine, flavouring it in any way that may be preferred. Colour one-half of the jelly with a few drops of prepared cochineal, and the other half leave as pale as possible. Have ready a mould well wetted in every part; pour in a small quantity of the red jelly, and let this set; when quite firm, pour on it the same quantity of the pale jelly, and let this set; then proceed in this manner until the mould is full, always taking care to let one jelly set before the other is poured in, or the colours would run one into the other. When turned out, the jelly should have a striped appearance. For variety, half the mould may be filled at once with one of the jellies, and, when firm, filled up with the other: this, also, has a



JELLY OF TWO COLOURS.



very pretty effect, and is more expeditiously prepared than when the jelly is poured in small quantities into the mould. Blancmange and red jelly, or blancmange and raspberry cream, moulded in the above manner, look very well. The layers of blancmange and jelly should be about an inch in depth, and each layer should be perfectly hardened before another is added. Half a mould of blancmange and half a mould of jelly are frequently served in the same manner. A few pretty dishes may be made, in this way, of jellies or blancmanges left from the preceding day, by melting them separately in a jug placed in a saucepan of boiling water, and then moulding them by the foregoing directions.

*Time*,  $\frac{3}{4}$  hour to make the jelly. *Average cost*, with calf's-foot jelly, 2s. 9d.; with gelatine and syrup, more economical. *Sufficient* to fill  $1\frac{1}{2}$ -pint mould. *Seasonable* at any time.

*Note*.—In making the jelly, use for flavouring a very pale sherry, or the colour will be too dark to contrast nicely with the red jelly.

#### 427.—A SWEET DISH OF MACARONI.

**INGREDIENTS**.— $\frac{1}{2}$  lb. of macaroni,  $1\frac{1}{2}$  pint of milk, the rind of  $\frac{1}{2}$  lemon, 3 os. of lump sugar,  $\frac{3}{4}$  pint of custard (No. 417).

*Mode*.—Put the milk into a saucepan, with the lemon-peel and sugar; bring it to the boiling-point, drop in the macaroni, and let it gradually swell over a gentle fire, but do not allow the pipes to break. The form should be entirely preserved; and, though tender, should be firm, and not soft, with no part beginning to melt. Should the milk dry away before the macaroni is sufficiently swelled, add a little more. Make a custard by recipe No. 417; place the macaroni on a dish, and pour the custard over the hot macaroni; grate over it a little nutmeg, and, when cold, garnish the dish with slices of candied citron.

*Time*, from 40 to 50 minutes to swell the macaroni. *Average cost*, with the custard, 1s. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

#### 428.—A PRETTY DISH OF ORANGES.

**INGREDIENTS** -- 6 large oranges,  $\frac{1}{2}$  lb. of loaf sugar,  $\frac{1}{2}$  pint of water,  $\frac{1}{2}$  pint of cream, 2 table-spoonfuls of any kind of liqueur, sugar to taste.

*Mode*.—Put the sugar and water into a saucepan, and boil them until the sugar becomes brittle, which may be ascertained by taking up a small quantity in a spoon, and dipping it in cold water; if the sugar is sufficiently boiled, it will easily snap. Peel the oranges, remove as much of the white pith as possible, and divide them into nice-sized slices, without breaking the thin white skin which surrounds the juicy pulp. Place the pieces of orange on small skewers, dip them into the hot sugar, and arrange them in layers round a plain mould, which should be well oiled with the purest salad-oil. The sides of the mould only should be lined with the oranges, and the centre left open for the cream. Let the sugar become firm by cooling; turn the oranges carefully out on a dish, and fill the centre with whipped cream, flavoured with any kind of liqueur, and sweetened with pounded sugar. This is an exceedingly ornamental and nice dish for the supper-table.

*Time*, 10 minutes to boil the sugar. *Average cost*, 1s. 3d. *Sufficient* for 1 mould. *Seasonable* from November to May.

#### 429.—TO MAKE PANCAKES.

**INGREDIENTS.**—*Eggs, flour, milk; to every egg allow 1 oz. of flour, about 1 gill of milk,  $\frac{1}{2}$  saltspoonful of salt.*

**Mode.**—Ascertain that the eggs are fresh; break each one separately in a cup; whisk them well in a basin, add the flour, salt, and a few drops of milk, and beat the whole to a perfectly *smooth* batter; then pour in by degrees the remainder of the milk. The proportion of this latter ingredient must be regulated by the size of the eggs, &c. &c.; but the batter, when ready for frying, should be of the consistency of thick cream. Place a small frying-pan on the fire to get hot; let it be delicately clean, or the pancakes will stick,



PANCAKES.

and, when quite hot, put into it a small piece of butter, allowing about  $\frac{1}{2}$  oz. to each pancake. When it is melted, pour in the batter, about  $\frac{1}{2}$  teacupful to a pan 5 inches in diameter, and fry it for about 4 minutes, or until it is nicely brown on one side. By only pouring in a small quantity of batter, and so making the pancakes thin, the necessity of turning them (an operation rather difficult to unskilful cooks) is obviated. When the pancake is done, sprinkle over it some pounded sugar, roll it up in the pan, and take it out with a large slice, and place it on a dish before the fire. Proceed in this manner until sufficient are cooked for a dish; then send them quickly to table, and continue to send in a further quantity, as pancakes are never good unless eaten almost immediately they come from the frying-pan. The batter may be flavoured with a little grated lemon-rind, or the pancakes may have preserve rolled in them instead of sugar. Send sifted sugar and a cut lemon to table with them. To render the pancakes very light, the yolks and whites of the eggs should be beaten separately, and the whites added the last thing to the batter before frying.

*Time*, from 4 to 5 minutes for a pancake that does not require turning; from 6 to 8 minutes for a thicker one. *Average cost*, for 3 persons, 6d. *Sufficient*,—allow 3 eggs, with the other ingredients in proportion, for 8 persons. *Seasonable* at any time, but specially served on Shrove Tuesday.

#### 430.—RICE BLANCMANGE.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of ground rice, 3 oz. of loaf sugar, 1 oz. of fresh butter, 1 quart of milk, flavouring of lemon-peel, essence of almonds or vanilla, or laurel-leaves.

**Mode.**—Mix the rice to a smooth batter with about  $\frac{1}{2}$  pint of the milk, and the remainder put into a saucepan, with the sugar, butter, and whichever of the above flavourings may be preferred; bring the milk to the boiling point, quickly stir in the rice, and let it boil for about 10 minutes, or until it comes easily away from the saucepan, keeping it well stirred the whole time. Grease a mould with pure salad-oil; pour in the rice, and let it get perfectly

set, when it should turn out quite easily; garnish it with jam, or pour round a compôte of any kind of fruit, just before it is sent to table. This blanchmange is better for being made the day before it is wanted, as it then has time to become firm. If laurel-leaves are used for flavouring, steep 3 of them in the milk, and take them out before the rice is added: about 8 drops of essence of almonds, or from 12 to 16 drops of essence of vanilla, would be required to flavour the above proportion of milk.

*Time*, from 10 to 15 minutes to boil the rice. *Average cost*, 9d. *Sufficient* to fill a quart mould. *Seasonable* at any time.

#### 431.—RICE SNOWBALLS.

*(A pretty dish for Juvenile Suppers.)*

**INGREDIENTS.**—6 oz. of rice, 1 quart of milk, flavouring of essence of almonds, sugar to taste, 1 pint of custard made by recipe No. 417.

**Mode.**—Boil the rice in the milk, with sugar and a flavouring of essence of almonds, until the former is tender, adding, if necessary, a little more milk, should it dry away too much. When the rice is quite soft, put it into teacups, or small round jars, and let it remain until cold; then turn the rice out on a deep glass dish, pour over a custard made by recipe No. 417, and, on the top of each ball, place a small piece of bright-coloured preserve or jelly. Lemon-peel or vanilla may be boiled with the rice instead of the essence of almonds, when either of these is preferred; but the flavouring of the custard must correspond with that of the rice.

*Time*, about  $\frac{3}{4}$  hour to swell the rice in the milk. *Average cost*, with the custard, 1s. 6d. *Sufficient* for 5 or 6 children. *Seasonable* at any time.

#### 432.—SNOW EGGS, or ŒUFS A LA NEIGE.

*(A very pretty Supper Dish.)*

**INGREDIENTS.**—4 eggs,  $\frac{3}{4}$  pint of milk, pounded sugar to taste, flavouring of vanilla, lemon-rind, or orange-flower water.

**Mode.**—Put the milk into a saucepan, with sufficient sugar to sweeten it nicely, and the rind of  $\frac{1}{2}$  lemon. Let this steep by the side of the fire for  $\frac{1}{2}$  hour, when take out the peel; separate the whites from the yolks of the eggs, and whisk the former to a perfectly stiff froth, or until there is no liquid remaining; bring the milk to the boiling-point, and drop in the snow a tablespoonful at a time, and keep turning the eggs until sufficiently cooked. Then place them on a glass dish, beat up the yolks of the eggs, stir to them the milk, add a little more sugar, and strain this mixture into a jug; place the jug in a saucepan of boiling water, and stir it one way until the mixture thickens, but do not allow it to boil, or it will curdle. Pour this custard over the eggs, when they should rise to the surface. They make an exceedingly pretty addition to a supper, and should be put in a cold place after being made. When they are flavoured with vanilla or orange-flower water, it is not necessary to steep the milk. A few drops of the essence of either may be poured in the milk just before the whites are poached. In making the custard, a little more flavouring and sugar should always be added.

*Time*, about 2 minutes to poach the whites ; 8 minutes to stir the custard.  
*Average cost*, 8d. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

#### 433.—STONE CREAM OF TOUS LES MOIS.

**INGREDIENTS.**— $\frac{1}{2}$  lb. of preserve, 1 pint of milk, 2 oz. of lump sugar, 1 heaped tablespoonful of tous les mois, 3 drops of essence of cloves, 3 drops of almond-flavouring.

*Mode.*—Place the preserve at the bottom of a glass dish ; put the milk into a lined saucepan, with the sugar, to make it boil. Mix to a smooth batter the tous les mois, with a very little cold milk ; stir it briskly into the boiling milk, add the flavouring, and simmer for 2 minutes. When rather cool, but before turning solid, pour the cream over the jam, and ornament it with strips of red-currant jelly or preserved fruit.

*Time*, 2 minutes. *Average cost*, 10d. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

#### 434.—TIPSY CAKE.

**INGREDIENTS.**—1 moulded sponge- or Savoy-cake, sufficient sweet wine or sherry to soak it, 6 tablespoonfuls of brandy, 2 oz. of sweet almonds, 1 pint of rich custard.

*Mode.*—Procure a cake that is three or four days old,—either sponge, Savoy, or rice answering for the purpose of a tipsy cake. Cut the bottom of the cake level, to make it stand firm in the dish ; make a small hole in the centre, and pour in and over the cake sufficient sweet wine or sherry, mixed with the above proportion of brandy, to soak it nicely. When the cake is well soaked, blanch and cut the almonds into strips, stick them all over the cake, and pour round it a good custard, made by recipe No. 417, allowing 8 eggs instead of 5 to the pint of milk. The cakes are sometimes crumbled and soaked, and a whipped cream heaped over them, the same as for trifles.



TIPSY CAKE.

*Time*, about 2 hours to soak the cake. *Average cost*, 4s. 6d. *Sufficient* for dish. *Seasonable* at any time.

#### 435.—AN EASY WAY OF MAKING A TIPSY CAKE.

**INGREDIENTS.**—12 stale small sponge cakes, raisin wine,  $\frac{1}{2}$  lb. of jam, 1 pint of custard (No. 417).

*Mode.*—Soak the sponge-cakes, which should be stale (on this account they should be cheaper), in a little raisin wine ; arrange them on a deep glass dish in four layers, putting a layer of jam between each, and pour round them a pint of custard, made by recipe No. 417, decorating the top with cut preserved fruit.

*Time*, 2 hours to soak the cakes. *Average cost*, 2s. 6d. *Sufficient* for *Seasonable* at any time.





## 436.—VICTORIA SANDWICHES.

INGREDIENTS.—4 eggs; *their weight in pounded sugar, butter, and flour*;  $\frac{1}{2}$  *teaspoonful of salt, a layer of any kind of jam or marmalade.*

*Mode.*—Beat the butter to a cream; dredge in the flour and pounded sugar; stir these ingredients well together, and add the eggs, which should be previously thoroughly whisked. When the mixture has been well beaten for about ten minutes, butter a Yorkshire-pudding tin, pour in the batter, and bake it in a moderate oven for 20 minutes. Let it cool, spread one-half of the cake with a layer of nice preserve, place over it the other half of the cake, press the pieces slightly together, and then cut it into long finger-pieces; pile them in cross-bars on a glass dish, and serve.

*Time*, 20 minutes. *Average cost*, 1s. 4d. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

## PRESERVES, &amp;c.

## 437.—APPLE GINGER.

(*A Dessert Dish.*)

INGREDIENTS.—2 lbs. *of any kind of hard apples*, 2 lbs. *of loaf sugar*, 1  $\frac{1}{2}$  *pint of water*, 1 oz. *of tincture of ginger.*

*Mode.*—Boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core, and cut the apples into pieces; dip them in cold water to preserve the colour, and boil them in the syrup until transparent; but be careful not to let them break. Put the pieces of apple into jars, pour over the syrup, and carefully exclude the air by well covering them. It will remain good some time if kept in a dry place.

*Time*,—from 5 to 10 minutes to boil the syrup; about  $\frac{1}{2}$  hour to simmer the apples. *Average cost*, 2s. *Sufficient* for 7 or 8 persons. *Seasonable*,—make this in September, October, or November.

## 438.—CARROT JAM TO IMITATE APRICOT PRESERVE.

INGREDIENTS.—*Carrots: to every lb. of carrot pulp allow 1 lb. of pounded sugar, the grated rind of 1 lemon, the strained juice of 2, 6 chopped bitter almonds, 2 tablespoonfuls of brandy.*

*Mode.*—Select young carrots; wash and scrape them clean, cut them into round pieces, put them into a saucepan with sufficient water to cover them, and let them simmer until perfectly soft; then beat them through a sieve. Weigh the pulp, and to every lb. allow the above ingredients. Put the pulp into a preserving-pan with the sugar, and let this boil for 5 minutes, stirring and skimming all the time. When cold, add the lemon rind and juice, almonds and brandy; mix these well with the jam; then put it into pots, which must be well covered and kept in a dry place. The brandy may be

omitted, but the preserve will then not keep: with the brandy it will remain good for months.

*Time*,—about  $\frac{3}{4}$  hour to boil the carrots; 5 minutes to simmer the pulp. *Average cost*, 1s. 2d. for 1 lb. of pulp, with the other ingredients in proportion. *Sufficient* to fill 3 pots. *Seasonable* from July to December.

#### 439.—TO MAKE CHERRY BRANDY.

*INGREDIENTS*.—*Morella cherries*, good brandy; to every lb. of cherries allow 8 oz. of pounded sugar.

*Mode*.—Have ready some glass bottles, which must be perfectly dry. Ascertain that the cherries are not too ripe and are freshly gathered, and cut off about half of the stalks. Put them into the bottles, with the above proportion of sugar, to every lb. of fruit; strew this in between the cherries, and when the bottles are nearly full, pour in sufficient brandy to reach just below the cork. A few peach or apricot kernels will add much to their flavour, or a few blanched bitter almonds. Put corks or bungs into the bottles, tie over them a piece of bladder, and store away in a dry place. The cherries will be fit to eat in 2 or 3 months, and will remain good for years. They are liable to shrivel and become tough if too much sugar be added to them.

*Average cost*, 1s. to 1s. 6d. per lb. *Sufficient*,—1 lb. of cherries and about  $\frac{1}{2}$  pint of brandy for a quart bottle. *Seasonable* in August and September.

#### 440.—RED-CURRANT JAM.

*INGREDIENTS*.—To every lb. of fruit allow  $\frac{3}{4}$  lb. of loaf sugar.

*Mode*.—Let the fruit be gathered on a fine day; weigh it, and then strip the currants from the stalks; put them into a preserving-pan with sugar in the above proportion; stir them, and boil them for about  $\frac{3}{4}$  hour. Carefully remove the scum as it rises. Put the jam into pots, and, when cold, cover with oiled papers; over these put a piece of tissue-paper brushed over on both sides with the white of an egg; press the paper round the top of the pot, and, when dry, the covering will be quite hard and air-tight. Black-currant jam should be made in the same manner as the above.

*Time*,  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, reckoning from the time the jam boils all over. *Average cost*, for a lb. pot, from 6d. to 8d. *Sufficient*,—allow from 6 to 7 quarts of currants to make 12 1-lb pots of jam. *Seasonable*,—make this in July.

#### 441.—RED-CURRANT JELLY.

*INGREDIENTS*.—Red currants; to every pint of juice allow  $\frac{3}{4}$  lb. of loaf sugar.

*Mode*.—Have the fruit gathered in fine weather; pick it from the stalks, put it into a jar, and place this jar in a saucepan of boiling water over the fire, and let it simmer gently until the juice is well drawn from the currants; then strain them through a jelly-bag or fine cloth, and, if the jelly is wished very clear, do not squeeze them too much, as the skin and pulp from the fruit will be pressed through with the juice, and so make the jelly muddy. Measure



the juice, and to each pint allow  $\frac{3}{4}$  lb. of loaf sugar; put these into a preserving pan, set it over the fire, and keep stirring the jelly until it is done, carefully removing every particle of scum as it rises, using a wooden or silver spoon for the purpose, as metal or iron ones would spoil the colour of the jelly. When it has boiled from 20 minutes to  $\frac{1}{2}$  hour, put a little of the jelly on a plate, and if firm when cool, it is done. Take it off the fire, pour it into small gallipots, cover each of the pots with an oiled paper, and then with a piece of tissue paper, brushed over on both sides with the white of an egg. Label the pots, adding the year when the jelly was made, and store it away in a dry place. A jam may be made with the currants if they are not squeezed too dry, by adding a few fresh raspberries, and boiling all together, with sufficient sugar to sweeten it nicely. As this preserve is not worth storing away, but is only for immediate eating, a smaller proportion of sugar than usual will be found enough: it answers very well for children's puddings, or for a nursery preserve. Black-currant jelly can also be made from the above recipe.

*Time*,—from  $\frac{3}{4}$  to 1 hour to extract the juice; 20 minutes to  $\frac{1}{2}$  hour to boil the jelly. *Average cost*, from 8d. to 10d. per  $\frac{1}{2}$  lb. pot. *Sufficient*,—8 quarts of fruit will make from 10 to 12 pots of jelly. *Seasonable*,—make this in July.

*Note*.—Should the above proportion of sugar not be found sufficient for some tastes, add an extra  $\frac{1}{2}$  lb. to every pint of juice, making altogether 1 lb.

#### 442.—BAKED DAMSONS FOR WINTER USE.

*INGREDIENTS*.—To every lb. of fruit allow 6 oz. of pounded sugar; melted mutton suet. •

*Mode*.—Choose sound fruit, not too ripe; pick off the stalks, weigh it, and to every lb. allow the above proportion of pounded sugar. Put the fruit into large dry stone jars, sprinkling the sugar amongst it; cover the jars with saucers, place them in a rather cool oven, and bake the fruit until it is quite tender. When cold, cover the top of the fruit with a piece of white paper cut to the size of the jar; pour over this melted mutton suet about an inch thick, and cover the tops of the jars with thick brown paper, well tied down. Keep the jars in a cool dry place, and the fruit will remain good till the following Christmas, but not much longer.

*Time*,—from 5 to 6 hours to bake the damsons, in a very cool oven. *Seasonable* in September and October.

#### 443.—TO BOTTLE FRESH FRUIT WITH SUGAR.

(Very useful in Winter.)

*INGREDIENTS*.—Any kind of fresh fruit; to each quart bottle allow  $\frac{1}{2}$  lb. of pounded sugar.

*Mode*.—Let the fruit be gathered in dry weather. Pick it carefully, and drop it into clean and very dry quart glass bottles, sprinkling over it the above proportion of pounded sugar to each quart. Put the cork in the bottles, and place them in a copper of cold water up to their necks, with small hay-

wisps round them, to prevent the bottles from knocking together. Light the fire under, bring the water gradually to boil, and let it simmer gently until the fruit in the bottles is reduced nearly one-third. Extinguish the fire, and let the bottles remain in the water until it is perfectly cold; then take them out, make the corks secure, and cover them with melted resin or wax.

*Time*,—about  $\frac{1}{2}$  hour from the time the water commences to boil.

#### 444.—GREENGAGE JAM.

**INGREDIENTS.**—To every lb. of fruit, weighed before being stoned, allow  $\frac{3}{4}$  lb. of lump sugar.

*Mode.*—Divide the greengages, take out the stones, and put them into a preserving-pan. Bring the fruit to a boil, then add the sugar, and keep stirring it over a gentle fire until it is melted. Remove all the scum as it rises, and, just before the jam is done, boil it rapidly for 5 minutes. To ascertain when it is sufficiently boiled, pour a little on a plate, and if the syrup thickens and appears firm, it is done. Have ready half the kernels blanched; put them into the jam, give them one boil, and pour the preserve into pots. When cold, cover down with oiled papers, and, over these, tissue-paper brushed over on both sides with the white of an egg.

*Time*,  $\frac{3}{4}$  hour after the sugar is added. *Average cost*, from 6d. to 8d. per lb. pot. *Sufficient*,—allow about  $1\frac{1}{2}$  pint of fruit for every lb. pot of jam. *Seasonable*,—make this in August or September.

#### 445.—STEWED NORMANDY PIPPINS.

**INGREDIENTS.**—1 lb. of Normandy pippins, 1 quart of water,  $\frac{1}{2}$  teaspoonful of powdered cinnamon,  $\frac{1}{2}$  teaspoonful of ground ginger, 1 lb. of moist sugar, 1 lemon.

*Mode.*—Well wash the pippins, and put them into 1 quart of water with the above proportion of cinnamon and ginger, and let them stand 12 hours; then put these altogether into a stewpan, with the lemon sliced thinly, and half the moist sugar. Let them boil slowly until the pippins are half done; then add the remainder of the sugar, and simmer until they are quite tender. Serve on glass dishes for dessert.

*Time*, 2 to 3 hours. *Average cost*, 1s. 6d. *Seasonable*,—suitable for a winter dish.

#### 446.—BAKED PEARS.

**INGREDIENTS.**—12 pears, the rind of 1 lemon, 3 cloves, 10 whole allspice; to every pint of water allow  $\frac{1}{2}$  lb. of loaf sugar.

*Mode.*—Pare and cut the pears into halves, and, should they be very large, into quarters; leave the stalks on, and carefully remove the cores. Place them in a clean baking-jar, with a closely-fitting lid; add to them the lemon-rind cut in strips, the juice of  $\frac{1}{2}$  lemon, the cloves, pounded allspice, and sufficient water just to cover the whole, with sugar in the above proportion. Cover the jar down closely, put it into a very cool oven, and bake the pears from 5 to 6 hours, but be very careful that the oven is not too hot. To improve the colour of the fruit, a few drops of prepared cochineal may be

added; but this will not be found necessary if the pears are very gently baked. •

*Time*,—large pears, 5 to 6 hours, in a very slow oven. *Average cost*, 1*d.* to 2*d.* each. *Sufficient* for 7 or 8 persons. *Seasonable* from September to January.

#### 447.—STEWED PEARS.

**INGREDIENTS.**—8 large pears, 5 oz. of loaf sugar, 6 cloves, 6 whole allspice,  $\frac{1}{2}$  pint of water,  $\frac{1}{4}$  pint of port wine, a few drops of prepared cochineal.

*Mode.*—Pare the pears, halve them, remove the cores, and leave the stalks on; put them into a lined saucepan with the other ingredients, and let them simmer very gently until tender, which will be in from 3 to 4 hours, according to the quality of the pears. They should be watched, and, when done, carefully lifted out on to a glass dish without breaking them. Boil up the syrup quickly for 2 or 3 minutes; allow it to cool a little, pour it over the pears, and let them get perfectly cold. To improve the colour of the fruit, a few drops of prepared cochineal may be added, which rather enhances the beauty of this dish. The fruit must not be boiled fast, but only simmered, and watched that it be not too much done.



STEWED PEARS.

*Time*, 3 to 4 hours. *Average cost*, 1*l.* 6*d.* *Sufficient* for 5 or 6 persons. *Seasonable* from September to January.

#### 448.—PLUM JAM.

**INGREDIENTS.**—To every lb. of plums, weighed before being stoned, allow  $\frac{1}{2}$  lb. of loaf sugar.

*Mode.*—In making plum jam, the quantity of sugar for each lb. of fruit must be regulated by the quality and size of the fruit, some plums requiring much more sugar than others. Divide the plums, take out the stones, and put them on to large dishes, with roughly-pounded sugar sprinkled over them in the above proportion, and let them remain for one day; then put them into a preserving-pan, stand them by the side of the fire to simmer gently for about  $\frac{1}{2}$  hour, and then boil them rapidly for another 15 minutes. The scum must be carefully removed as it rises, and the jam must be well stirred all the time, or it will burn at the bottom of the pan, and so spoil the colour and flavour of the preserve. Some of the stones may be cracked, and a few kernels added to the jam just before it is done: these impart a very delicious flavour to the plums. The above proportion of sugar would answer for Orleans plums; the Impératrice, Magnum-bonum, and Wine-sour would not require quite so much.

*Time*,  $\frac{1}{2}$  hour to simmer gently,  $\frac{1}{4}$  hour to boil rapidly. *Best plums for preserving*—Violets, Mussels, Orleans, Impératrice, Magnum-bonum, and Wine-sour. *Seasonable* from the end of July to the beginning of October.

#### 449.—RASPBERRY JAM.

**INGREDIENTS.**—To every lb. of raspberries allow 1 lb. of sugar,  $\frac{1}{4}$  pint of red-currant juice.

*Mode.*—Let the fruit for this preserve be gathered in fine weather, and used as soon after it is picked as possible. Take off the stalks, put the raspberries into the preserving-pan, break them well with a wooden spoon, and let them boil for  $\frac{1}{2}$  hour, keeping them well stirred. Then add the currant juice and sugar, and boil again for  $\frac{1}{2}$  hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant juice is a very great improvement to this preserve, as it gives it a piquant taste, which the flavour of the raspberries seems to require.

*Time,*  $\frac{1}{2}$  hour to simmer the fruit without the sugar;  $\frac{1}{2}$  hour after it is added. *Average cost,* from 6d. to 8d. per lb. pot. *Sufficient,*—allow about 1 pint of fruit to fill a 1-lb. pot. *Seasonable* in July and August.

#### 450.—RHUBARB JAM.

*INGREDIENTS.*—To every lb. of rhubarb allow 1 lb. of loaf sugar, the rind of  $\frac{1}{2}$  lemon.

*Mode.*—Wipe the rhubarb perfectly dry, take off the string or peel, and weigh it; put it into a preserving-pan, with sugar in the above proportion; mince the lemon-rind very finely, add it to the other ingredients, and place the preserving-pan by the side of the fire; keep stirring to prevent the rhubarb from burning, and when the sugar is well dissolved, put the pan more over the fire, and let the jam boil until it is done, taking care to keep it well skimmed and stirred with a wooden or silver spoon. Pour it into pots, and cover down with oiled and egged papers.

*Time,*—if the rhubarb is young and tender,  $\frac{3}{4}$  hour, reckoning from the time it simmers equally; old rhubarb, 1 $\frac{1}{2}$  to 1 $\frac{3}{4}$  hour. *Average cost,* 5d. to 7d. per lb. pot. *Sufficient,*—about 1 pint of sliced rhubarb to fill a 1-lb. pot. *Seasonable* from February to April.

## EGGS AND CHEESE.

#### 451.—MODE OF SERVING CHEESE.

The usual mode of serving cheese at good tables is to cut a small quantity of it into neat square pieces, and to put them into a glass cheese dish, this dish being banded round. Should the cheese crumble much, of course this method is rather wasteful, and it may then be put on the table in the piece, and the host may cut from it. When served thus, the cheese must always be carefully scraped, and laid on a white d'oyley or napkin, neatly folded. Cream cheese is often served in a cheese course, and, sometimes, grated Parmesan: the latter should be put into a covered glass dish. Rusks, cheese-biscuits, pats or slices of butter, and salad, cucumber, or water-cresses, should always form part of a cheese course.



CHEESE-GLASS.

**452.—MACARONI, as usually served with the CHEESE COURSE.**

**INGREDIENTS.**— $\frac{1}{2}$  lb. of pipe macaroni,  $\frac{1}{2}$  lb. of butter, 6 oz. of Parmesan or Cheshire cheese, pepper and salt to taste, 1 pint of milk, 2 pints of water, bread

**Mode.**—Put the milk and water into a saucepan with sufficient salt to flavour it; place it on the fire, and, when it boils quickly, drop in the macaroni. Keep the water boiling until it is quite tender; drain the macaroni, and put it into a deep dish. Have ready the grated cheese, either Parmesan or Cheshire; sprinkle it amongst the macaroni and some of the butter cut into small pieces, reserving some of the cheese for the top layer. Season with a little pepper, and cover the top layer of cheese with some very fine bread crumbs. Warm, without oiling, the remainder of the butter, and pour it gently over the bread crumbs. Place the dish before a bright fire to brown the crumbs; turn it once or twice, that it may be equally coloured, and serve very hot. The top of the macaroni may be browned with a salamander, which is even better than placing it before the fire, as the process is more expeditious; but it should never be browned in the oven, as the butter would oil, and so impart a very disagreeable flavour to the dish. In boiling the macaroni, let it be perfectly tender but firm, no part beginning to melt, and the form entirely preserved. It may be boiled in plain water, with a little salt instead of using milk, but should then have a small piece of butter mixed with it.

**Time,**  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hour to boil the macaroni, 5 minutes to brown it before the fire. **Average cost,** 1s. 7d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

**Note.**—Riband macaroni may be dressed in the same manner, but does not require boiling so long a time.

**453.—TOASTED CHEESE, or SCOTCH RARE-BIT.**

**INGREDIENTS.**—A few slices of rich cheese, toast, mustard, and pepper.

**Mode.**—Cut some nice rich sound cheese into rather thin slices; melt it in a cheese toaster on a hot plate, or over steam, and, when melted, add a small quantity of mixed mustard and a seasoning of pepper; stir the cheese until it is completely dissolved, then brown it before the fire, or with a salamander. Fill the bottom of the cheese-toaster with hot water, and serve with dry or buttered toasts, whichever may be preferred. Our engraving illustrates a cheese-toaster with hot-water reservoir: the cheese is melted in the upper tin, which is placed in another vessel of boiling water, so keeping the preparation beautifully hot. A small quantity of porter, or port wine, is sometimes mixed with the cheese; and, if it be not very rich, a few pieces of butter may be mixed with it to great advantage. Sometimes the melted cheese is spread on the toasts, and then laid in the cheese-dish at the top of the hot water. Whichever way it is served, it is highly necessary that the mixture be very hot, and very quickly sent to table, or it will be worthless.

**HOT-WATER CHEESE-DISH**

*Time*, about 5 minutes to melt the cheese. *Average cost*, 1½d. per slice. *Sufficient*,—allow a slice to each person. *Seasonable* at any time.

#### 454.—TOASTED CHEESE, or WELSH RARE-BIT.

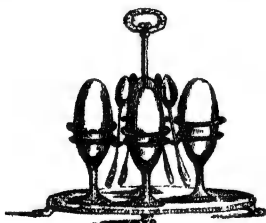
**INGREDIENTS.**—*Slices of bread, butter, Cheshire or Gloucester cheese, mustard, and pepper.*

*Mode.*—Cut the bread into slices about ½ inch in thickness; pare off the crust, toast the bread slightly without hardening or burning it, and spread it with butter. Cut some slices, not quite so large as the bread, from a good rich fat cheese; lay them on the toasted bread in a cheese-toaster; be careful that the cheese does not burn, and let it be equally melted. Spread over the top a little made mustard and a seasoning of pepper, and serve very hot, with very hot plates. To facilitate the melting of the cheese, it may be cut into thin flakes or toasted on one side before it is laid on the bread. As it is so essential to send this dish hot to table, it is a good plan to melt the cheese in small round silver or metal pans, and to send these pans to table, allowing one for each guest. Slices of dry or buttered toast should always accompany them, with mustard, pepper, and salt.

*Time*, about 5 minutes to melt the cheese. *Average cost*, 1½d. each slice. *Sufficient*,—allow a slice to each person. *Seasonable* at any time.

#### 455.—TO BOIL EGGS FOR BREAKFAST, SALADS, &c.

Eggs for boiling cannot be too fresh, or boiled too soon after they are laid; but rather a longer time should be allowed for boiling a new-laid egg than for



EGG-STAND FOR THE BREAKFAST-TABLE.

one that is three or four days old. Have ready a saucepan of boiling water; put the eggs into it gently with a spoon, letting the spoon touch the bottom of the saucepan before it is withdrawn, that the egg may not fall, and consequently crack. For those who like eggs lightly boiled, 3 minutes will be found sufficient; 3½ to 4 minutes will be ample time to set the white nicely; and, if liked hard, 6 to 7 minutes will not be found too long. Should the eggs be unusually large, as those of black Spanish fowls some-

times are, allow an extra ½ minute for them. Eggs for salads should be boiled from 10 minutes to ¼ hour, and should be placed in a basin of cold water for a few minutes; they should then be rolled on the table with the hand, and the shell will peel off easily.

*Time*,—to boil eggs lightly, for invalids or children, 3 minutes; to boil eggs to suit the generality of tastes, 3½ to 4 minutes; to boil eggs hard, 6 to 7 minutes; for salads, 10 to 15 minutes.

#### 456.—POACHED EGGS.

**INGREDIENTS.**—*Eggs, water. To every pint of water allow 1 tablespoonful of vinegar.*

*Mode.*—Eggs for poaching should be perfectly fresh, but not quite new-laid.

those that are about 26 hours old are the best for the purpose. If quite new-laid, the white is so milky it is almost impossible to set it; and, on the other hand, if the egg be at all stale, it is equally difficult to poach it nicely. Strain some boiling water into a deep clean frying-pan; break the egg into a cup without damaging the yolk, and, when the water boils, remove the pan to the side of the fire, and gently slip the egg into it. Place the pan over a gentle fire, and keep the water simmering until the white looks nicely set, when the egg is ready. Take it up gently with a slice, cut away the ragged edges of the white, and serve either on toasted bread or on slices of ham or bacon, or on spinach, &c. A poached egg should not be overdone, as its appearance and taste will be quite spoiled if the yolk be allowed to harden. When the egg is slipped into the water, the white should be gathered together, to keep it a little in form, or the cup should be turned over it for  $\frac{1}{2}$  minute. To poach an egg to perfection is rather a difficult operation; so, for inexperienced cooks, a tin egg-poacher may be purchased, which greatly facilitates this manner of dressing eggs. Our illustration clearly shows what it is: it consists of a tin plate with a handle, with a space for three perforated cups. An egg should be broken into each cup, and the machine then placed in a stewpan of boiling water, which has been previously strained. When the whites of the eggs appear set, they are done, and should then be carefully slipped on to the toast or spinach, or with whatever they are served. In poaching eggs in a frying-pan, never do more than four at a time; and, when a little vinegar is liked mixed with the water in which the eggs are done, use the above proportion.



EGGS POACHED ON TOAST.

*Time*,  $2\frac{1}{2}$  to  $3\frac{1}{2}$  minutes, according to the size of the egg. *Sufficient*,—allow 2 eggs to each person. *Seasonable* at any time, but less plentiful in winter.

#### 457.—POACHED EGGS, WITH CREAM.

**INGREDIENTS.**—1 pint of water, 1 teaspoonful of salt, 4 teaspoonfuls of vinegar, 4 fresh eggs,  $\frac{1}{2}$  gill of cream, salt, pepper, and pounded sugar to taste, 1 oz. of butter.

**Mode.**—Put the water, vinegar, and salt into a frying-pan, and break each egg into a separate cup; bring the water, &c. to boil, and slip the eggs gently into it without breaking the yolks. Simmer them from 3 to 4 minutes, but not longer, and, with a slice, lift them out on to a hot dish, and trim the edges. Empty the pan of its contents, put in the cream, add a seasoning to taste of pepper, salt, and pounded sugar; bring the whole to the boiling-point; then add the butter, broken into small pieces; toss the pan round and round till the butter is melted; pour it over the eggs, and serve. To insure the eggs not being spoiled whilst the cream, &c. is preparing, it is a good plan to warm the cream with the butter, &c. before the eggs are poached, so that it may be poured over them immediately after they are dished.

*Time*, 3, to 4 minutes to poach the eggs, 5 minutes to warm the cream. *Average cost*, for the above quantity, 10d. *Sufficient* for 2 persons. *Seasonable* at any time.

## BISCUITS, CAKES, &amp;c.

## 458.—TO TOAST TEA-CAKES.

Cut each tea-cake into three or four slices, according to its thickness; toast them on both sides before a nice clear fire, and as each slice is done, spread it with butter on both sides. When a cake is toasted, pile the slices one on the top of the other, cut them into quarters, put them on a very hot plate, and send the cakes immediately to table. As they are wanted, send them in hot, one or two at a time, as, if allowed to stand, they spoil, unless kept in a muffin-plate over a basin of boiling water.



TEA-CAKES.

## 459.—TO MAKE DRY TOAST.

To make dry toast properly, a great deal of attention is required; much more, indeed, than people generally suppose. Never use new bread for making any kind of toast, as it cuts heavy, and, besides, is very extravagant. Procure a loaf of household bread about two days old; cut off as many slices as may be required, not quite  $\frac{1}{2}$  inch in thickness; trim off the crusts and ragged edges, put the bread on a toasting-fork, and hold it before a very clear fire. Move it backwards and forwards until the bread is nicely coloured; then turn it and toast the other side, and do not place it so near the fire that it blackens. Dry toast should be more gradually made than buttered toast, as its great beauty consists in its crispness, and this cannot be attained unless the process is slow and the bread is allowed gradually to colour. It should never be made long before it is wanted, as it soon becomes tough, unless placed on the fender in front of the fire. As soon as each piece is ready, it should be put into a rack, or stood upon its edges, and sent quickly to table.

## 460.—TO MAKE HOT BUTTERED TOAST.

A loaf of household bread about two days old answers for making toast better than cottage bread, the latter not being a good shape, and too crusty for the purpose. Cut as many nice even slices as may be required, rather more than  $\frac{1}{2}$  inch in thickness, and toast them before a very bright fire, without allowing the bread to blacken, which spoils the appearance and flavour of all toast. When of a nice colour on both sides, put it on a hot plate, divide some good butter into small pieces, place them on the toast, set this before the fire, and when the butter is just beginning to melt, spread it lightly over the toast. Trim off the crust and ragged edges, divide each round into 4 pieces, and send the toast quickly to table. Some persons cut the slices of toast across from corner to corner, so making the pieces of a three-cornered shape. Soyer recommends that each slice should be cut into pieces as soon as it is buttered, and when all are ready, that they should be piled lightly on the dish they are intended to be served on. He says that



by cutting through 4 or 5 slices at a time, all the butter is squeezed out of the upper ones, while the bottom one is swimming in fat liquid. It is highly essential to use good butter for making this dish.

#### 461.—DESSERT BISCUITS, which may be flavoured with Ground Ginger, Cinnamon, &c. &c.

**INGREDIENTS.**—1 lb. of flour,  $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. of sifted sugar, the yolks of 6 eggs, flavouring to taste.

**Mode.**—Put the butter into a basin; warm it, but do not allow it to oil; then with the hand beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a buttered paper, leaving a distance between each cake, as they spread as soon as they begin to get warm. Bake in rather a slow oven from 12 to 18 minutes, and do not let the biscuits acquire too much colour. In making the above quantity, half may be flavoured with ground ginger, and the other half with essence of lemon, or currants, to make a variety. With whatever the preparation is flavoured, so are the biscuits called, and an endless variety may be made in this manner.

**Time,** 12 to 18 minutes, or rather longer, in a very slow oven. **Average cost,** 1s. 6d. **Sufficient** to make from 3 to 4 dozen cakes. **Seasonable** at any time.

#### 462.—SODA BISCUITS.

**INGREDIENTS.**—1 lb. of flour,  $\frac{1}{2}$  lb. of pounded loaf sugar,  $\frac{1}{4}$  lb. of fresh butter, 2 eggs, 1 small teaspoonful of carbonate of soda.

**Mode.**—Put the flour (which should be perfectly dry) into a basin; rub in the butter, add the sugar, and mix these ingredients well together. Whisk the eggs, stir them into the mixture and beat it well, until everything is well incorporated. Quickly stir in the soda, roll the paste out until it is about  $\frac{1}{2}$  inch thick, cut into small round cakes with a tin cutter, and bake them from 12 to 18 minutes in a rather a brisk oven. After the soda is added, great expedition is necessary in rolling and cutting out the paste, and in putting the biscuits immediately into the oven, or they will be heavy.

**Time,** 12 to 18 minutes. **Average cost,** 1s. **Sufficient** to make about 3 dozen cakes. **Seasonable** at any time.

#### 463.—TO MAKE GOOD PLAIN BUNS.

**INGREDIENTS.**—1 lb. of flour, 6 oz. of good butter,  $\frac{1}{2}$  lb. of sugar, 1 egg, nearly  $\frac{1}{2}$  pint of milk, 2 small teaspoonfuls of baking-powder, a few drops of essence of lemon.

**Mode.**—Warm the butter, without oiling it; beat it with a wooden spoon; stir the flour in gradually with the sugar, and mix these ingredients well together. Make the milk lukewarm, beat up with it the yolk of the egg and the essence of lemon, and stir these to the flour, &c. Add the baking-powder, beat the dough well for about 10 minutes, divide it into 24 pieces, put them into buttered tins or cups, and bake in a brisk oven from 20 to 30 minutes.

*Time, 20 to 30 minutes. Average cost, 1s. Sufficient to make 12 buns. Seasonable at any time.*

#### 464.—LIGHT BUNS.

**INGREDIENTS.**— $\frac{1}{2}$  teaspoonful of tartaric acid,  $\frac{1}{2}$  teaspoonful of bicarbonate of soda, 1 lb. of flour, 2 oz. of butter, 2 oz. of loaf sugar,  $\frac{1}{2}$  lb. currants or raisins, —when liked, a few caraway seeds,  $\frac{1}{2}$  pint of cold new milk, 1 egg.

**Mode.**—Rub the tartaric acid, soda, and flour all together through a hair sieve; work the butter into the flour; add the sugar, currants, and caraway seeds, when the flavour of the latter is liked.



BUNS.

Mix all these ingredients well together; make a hole in the middle of the flour, and pour in the milk, mixed with the egg, which should be well beaten; mix quickly, and set the dough, with a fork, on baking-tins, and bake the buns for about 20 minutes. This mixture makes a very good cake, and if put into a tin, should be baked  $1\frac{1}{2}$  hour. The same quantity of flour, soda, and tartaric acid, with  $\frac{1}{2}$  pint of milk and a little salt, will make either bread or teacakes, if wanted quickly.

*Time, 20 minutes for the buns; if made into a cake,  $1\frac{1}{2}$  hour. Sufficient to make about 12 buns.*

#### 465.—COMMON CAKE, suitable for sending to Children at School.

**INGREDIENTS.**—2 lb. of flour, 4 oz. of butter or clarified dripping,  $\frac{1}{2}$  oz. of caraway seeds,  $\frac{1}{2}$  oz. of allspice,  $\frac{1}{2}$  lb. of pounded sugar, 1 lb. of currants, 1 pint of milk, 3 tablespoonfuls of fresh yeast.

**Mode.**—Rub the butter lightly into the flour; add all the dry ingredients, and mix these well together. Make the milk warm, but not hot; stir in the yeast, and with this liquid make the whole into a light dough; knead it well, and line the cake-tins with strips of buttered paper: this paper should be about 6 inches higher than the top of the tin. Put in the dough; stand it in a warm place to rise for more than an hour; then bake the cakes in a well-heated oven. If this quantity be divided in two, they will take from  $1\frac{1}{2}$  to 2 hours' baking.

*Time,  $1\frac{1}{2}$  to 2 $\frac{1}{2}$  hours. Average cost, 1s. 10d. Sufficient to make 2 moderate-sized cakes.*

#### 466.—GOOD HOLIDAY CAKE.

**INGREDIENTS.**— $1\frac{1}{2}$ d. worth of Borwick's German baking-powder, 2 lb. of flour, 6 oz. of butter,  $\frac{1}{2}$  lb. of lard, 1 lb. of currants,  $\frac{1}{2}$  lb. of stoned and cut raisins,  $\frac{1}{2}$  lb. of mixed candied peel,  $\frac{1}{2}$  lb. of moist sugar, 3 eggs,  $\frac{3}{4}$  pint of cold milk.

**Mode.**—Mix the baking-powder with the flour; then rub in the butter and lard; have ready the currants, washed, picked, and dried, the raisins stoned and cut into small pieces (not chopped), and the peel cut into neat slices. Add these with the sugar to the flour, &c., and mix all the dry ingredients well together. Whisk the eggs, stir to them the milk, and with this liquid moisten the cake; beat it up well, that all may be very thoroughly mixed; line a cake-tin with buttered paper, put in the cake, and bake it from  $2\frac{1}{2}$  to

2½ hours in a good oven. To ascertain when it is done, plunge a clean knife into the middle of it, and if, on withdrawing it, the knife looks clean, and not sticky, the cake is done. To prevent its burning at the top, a piece of clean paper may be put over whilst the cake is soaking, or being thoroughly cooked in the middle. A steamer, such as is used for steaming potatoes, makes a very good cake-tin, if it be lined at the bottom and sides with buttered paper.

*Time, 2¼ to 2½ hours. Average cost, 2s. 6d. Seasonable at any time.*

#### 467.—A NICE PLAIN CAKE FOR CHILDREN.

**INGREDIENTS.**—1 quarten of dough, ¼ lb. of moist sugar, ¼ lb. of butter or good beef dripping, ½ pint of warm milk, ½ grated nutmeg or ½ oz. of caraway seeds.

**Mode.**—If you are not in the habit of making bread at home, procure the dough from the baker's, and, as soon as it comes in, put it into a basin near the fire; cover the basin with a thick cloth, and let the dough remain a little while to rise. In the meantime, beat the butter to a cream, and make the milk warm; and when the dough has risen, mix with it thoroughly all the above ingredients, and knead the cake well for a few minutes. Butter some cake-tins, half fill them, and stand them in a warm place, to allow the dough to rise again. When the tins are three parts full, put the cakes into a good oven, and bake them from 1½ to 2 hours. A few currants might be substituted for the caraway seeds, when the flavour of the latter is disliked.

*Time, 1½ to 2 hours. Average cost, 1s. 3d. Seasonable at any time.*

#### 468.—A NICE PLUM CAKE.

**INGREDIENTS.**—1 lb. of flour, ¼ lb. of butter, ½ lb. of sugar, ½ lb. of currants, 2 oz. of candied lemon-peel, ½ pint of milk, 1 teaspoonful of ammonia or carbonate of soda.

**Mode.**—Put the flour into a basin with the sugar, currants, and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk; add it to the dough, and beat the whole well, until everything is thoroughly mixed. Put the dough into a buttered tin, and bake the cake from 1½ to 2 hours.

*Time, 1½ to 2 hours. Average cost, 1s. 4d. Seasonable at any time.*

#### 469.—POUND CAKE.

**INGREDIENTS.**—1 lb. of butter, 1½ lb. of flour, 1 lb. of pounded loaf sugar, 1 lb. of currants, 9 eggs, 2 oz. of candied peel, ½ oz. of citron, ½ oz. of sweet almonds; when liked, a little pounded mace.

**Mode.**—Work the butter to a cream; dredge in the flour; add the sugar, currants, candied peel, which should be cut into neat slices, and the almonds, which should be blanched and chopped, and mix all these well together; whisk the eggs, and let them be thoroughly blended with the dry ingredients. Beat the cake well for 20 minutes, and put it into a round tin, lined at the bottom and sides with a strip of



POUND CAKE.

white buttered paper. Bake it from  $1\frac{1}{2}$  to 2 hours, and let the oven be well heated when the cake is first put in, as, if this is not the case, the currants will all sink to the bottom of it. To make this preparation light, the yolks and whites of the eggs should be beaten separately, and added separately to the other ingredients. A glass of wine is sometimes added to the mixture; but this is scarcely necessary, as the cake will be found quite rich enough without it.

*Time*,  $1\frac{1}{2}$  to 2 hours. *Average cost*, 3s. 6d. *Sufficient*,—the above quantity divided in two will make two nice-sized cakes. *Seasonable* at any time.

#### 470.—RICE CAKE.

*INGREDIENTS*.— $\frac{1}{2}$  lb. of ground rice,  $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of loaf sugar, 9 eggs, 20 drops of essence of lemon, or the rind of 1 lemon,  $\frac{1}{4}$  lb. of butter.

*Mode*.—Separate the whites from the yolks of the eggs; whisk them both well, and add to the latter the butter beaten to a cream. Stir in the flour, rice, and lemon (if the rind is used, it must be very finely minced), and beat the mixture well; then add the whites of the eggs, beat the cake again for some time, put it into a buttered mould or tin, and bake it for nearly  $1\frac{1}{2}$  hour. It may be flavoured with essence of almonds, when this is preferred.



*Time*, nearly  $1\frac{1}{2}$  hour. *Average cost*, 1s. 6d. *Seasonable* at any time. CAKE-MOULD.

#### 471.—SAUCER-CAKE FOR TEA.

*INGREDIENTS*.— $\frac{1}{2}$  lb. of flour,  $\frac{1}{4}$  lb. of *tous-les-mois*,  $\frac{1}{2}$  lb. of pounded white sugar,  $\frac{1}{4}$  lb. of butter, 2 eggs, 1 oz. of candied orange or lemon-peel.

*Mode*.—Mix the flour and *tous-les-mois* together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and the eggs well whisked. Beat the mixture for 10 minutes, put it into a buttered cake-tin or mould, or, if this is not obtainable, a soup-plate answers the purpose, lined with a piece of buttered paper. Bake the cake in a moderate oven from 1 to  $1\frac{1}{2}$  hour, and when cold, put it away in a covered canister. It will remain good some weeks, even if it be cut into slices.

*Time*, 1 to  $1\frac{1}{2}$  hour. *Aver. cost*, 1s. 1d. *Seasonable* at any time.

#### 472.—SCRAP-CAKES.

*INGREDIENTS*.—2 lbs. of leaf, or the inside fat of a pig;  $1\frac{1}{2}$  lb. of flour,  $\frac{1}{4}$  lb. of moist sugar,  $\frac{1}{2}$  lb. of currants, 1 oz. of candied lemon-peel, ground allspice to taste.

*Mode*.—Cut the leaf, or fard, as it is sometimes called, into small pieces; put it into a large dish, which place in a quick oven; be careful that it does not burn, and in a short time it will be reduced to oil, with the small pieces of leaf floating on the surface; and it is of these that the cakes should be made. Gather all the scraps together, put them into a basin with the flour, and rub them well together. Add the currants, sugar, candied peel, cut into thin slices, and the ground allspice. When all these ingredients are well

mixed, moisten with sufficient cold water to make the whole into a nice paste ; roll it out thin, cut it into shapes, and bake the cakes in a quick oven from 15 to 20 minutes. These are very economical and wholesome cakes for children, and the lawl, melted at home, produced from the flead, is generally better than that you purchase. To prevent the hard from burning, and to insure its being a good colour, it is better to melt it in a jar placed in a saucepan of boiling water ; by doing it in this manner, there will be no chance of its discolouring.

*Time*, 15 to 20 minutes. *Sufficient* to make 3 or 4 dozen cakes. *Seasonable* from September to March.

#### 473.—A VERY GOOD SEED-CAKE.

**INGREDIENTS.**—1 lb. of butter, 6 eggs,  $\frac{3}{4}$  lb. of sifted sugar, pounded mace and grated nutmeg to taste, 1 lb. of flour,  $\frac{3}{4}$  oz. of caraway seeds, 1 wineglassful of brandy.

*Mode.*—Beat the butter to a cream ; dredge in the flour ; add the sugar, mace, nutmeg, and caraway seeds, and mix these ingredients well together. Whisk the eggs, stir to them the brandy, and beat the cake again for 10 minutes. Put it into a tin lined with buttered paper, and bake it from  $1\frac{1}{2}$  to 2 hours. This cake would be equally nice made with currants, and omitting the caraway seeds.

*Time*,  $1\frac{1}{2}$  to 2 hours. *Average cost*, 2s. 3d. *Seasonable* at any time.

#### 474.—COMMON SEED-CAKE.

**INGREDIENTS.**— $\frac{3}{4}$  quartern of dough,  $\frac{1}{4}$  lb. of good dripping, 6 oz. of moist sugar,  $\frac{1}{2}$  oz. of caraway seeds, 1 egg.

*Mode.*—If the dough is sent in from the baker's, put it in a basin, covered with a cloth, and set it in a warm place to rise. Then with a wooden spoon beat the dripping to a liquid ; add it, with the other ingredients, to the dough, and beat it until everything is very thoroughly mixed. Put it into a buttered tin, and bake the cake for rather more than 2 hours.

*Time*, rather more than 2 hours. *Average cost*, 8d. *Seasonable* at any time.

#### 475.—SNOW-CAKE.

(A genuine Scotch Recipe.)

**INGREDIENTS.**—1 lb. of arrowroot,  $\frac{1}{4}$  lb. of pounded white sugar,  $\frac{1}{4}$  lb. of butter, the whites of 6 eggs ; flavouring to taste, of essence of almonds, or vanilla, or lemon.

*Mode.*—Beat the butter to a cream ; stir in the sugar and arrowroot gradually, at the same time heating the mixture. Whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes. Put in whichever of the above flavourings may be preferred ; pour the cake into a buttered mould or tin, and bake it in a moderate oven from 1 to  $1\frac{1}{2}$  hour.

*Time*, 1 to  $1\frac{1}{2}$  hour. *Average cost*, with the best Bermuda arrowroot, 4s. 6d. ; with St. Vincent ditto, 2s. 11d. *Sufficient* to make a moderate-sized cake. *Seasonable* at any time.

## 476.—SODA-CAKE.

INGREDIENTS.— $\frac{1}{2}$  lb. of butter, 1 lb. of flour,  $\frac{1}{2}$  lb. of currants,  $\frac{1}{2}$  lb. of moist sugar, 1 teacupful of milk, 3 eggs, 1 teaspoonful of carbonate of soda.

Mode.—Rub the butter into the flour, add the currants and sugar, and mix these ingredients well together. Whisk the eggs well, stir them to the flour, &c., with the milk, in which the soda should be previously dissolved, and beat the whole up together with a wooden spoon or beater. Divide the dough into two pieces, put them into buttered moulds or cake-tins, and bake in a moderate oven for nearly an hour. The mixture must be extremely well beaten up, and not allowed to stand after the soda is added to it, but must be placed in the oven immediately. Great care must also be taken that the cakes are quite done through, which may be ascertained by thrusting a knife into the middle of them: if the blade looks bright when withdrawn, they are done. If the tops acquire too much colour before the inside is sufficiently baked, cover them over with a piece of clean white paper, to prevent them from burning.

Time, 1 hour. Average cost, 1s. 9d. Sufficient to make 2 small cakes. Seasonable at any time.

## 477.—SPONGE-CAKE.

INGREDIENTS.—The weight of 8 eggs in pounded loaf sugar, the weight of 5 in flour, the rind of 1 lemon, 1 tablespoonful of brandy.

Mode.—Put the eggs into one side of the scale, and take the weight of 8 in pounded loaf sugar, and the weight of 5 in good dry flour. Separate the yolks from the whites of the eggs; beat the former, put them into a saucepan with the sugar, and let them remain over the fire until milk-warm, keeping them well stirred. Then put them into a basin, add the grated lemon-rind mixed with the brandy, and stir these well together, dredging in the flour very gradually. Whisk the whites of the eggs to a very stiff froth, stir them to the flour, &c., and beat the cake well for  $\frac{1}{2}$  hour. Put it into a buttered mould strewn with a little fine sifted sugar, and bake the cake in a quick oven for  $1\frac{1}{2}$  hour. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds instead of the grated lemon-rind.

Time,  $1\frac{1}{2}$  hour. Average cost, 1s. 3d. Sufficient for 1 cake. \* Seasonable at any time.



SPONGE-CAKE.

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